



WORKOUTS

PHASE 3 JOURNAL

DAY 61	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 62	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 63	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 64	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 65	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 66	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 67	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

PHASE 3 GUIDELINES

Everyday our energy and pain levels can be very different, so if you're having a rough one do the "Low Energy" version of the workout instead. You will still get a wonderful session in for the day and it will help you to stay on track. In this phase you will notice there are many more days where there are two workouts to do so if don't have the energy to complete both, only do the one that feels best for you that day.

Remember to go slow, listen to your body and feel free to repeat Phase 3 as many times as you need. There is no rush to finish.

Keep track of the names of the workouts you did each day, how many minutes you completed, and how it made you feel. This will give you insight into what's working and what's not, and help you set mini goals for yourself for the next time you do the same routines so you can continue to progress. This will also give you a guideline as to what to do going forward after you complete the program.

TIP FOR SUCCESS

IT'S OK TO SPLIT UP THE DAYS WHERE YOU HAVE MORE THAN ONE WORKOUT:

If you have two or more workouts to complete for the day, but don't have the energy to complete all of them at one time, split them up and do them at different times throughout your day instead. If you push yourself to workout longer during a session than you should, you will crash. Remember exercise is cumulative so this method will still be just as effective.



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DAY 68	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 69	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 70	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 71	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 72	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 73	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 74	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

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DAY 75	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 76	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 77	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 78	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 79	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 80	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 81	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

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DAY 82	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 83	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 84	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 85	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____
DAY 86	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 87	WORKOUT NAME: _____
	HOW DID YOU FEEL? _____
DAY 88	FREE DAY ACTIVITY: _____
	HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

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DAY 89

WORKOUT NAME: _____

HOW DID YOU FEEL? _____

DAY 90

WORKOUT NAME: _____

HOW DID YOU FEEL? _____

DATE STARTED: _____

DATE COMPLETED: _____

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