

START DATE: _____

FINISH DATE: _____

SLIM IN 6



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER
WEEK 2	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER	START IT UP! SLIM & 6-PACK SLIM & LIMBER
WEEK 3	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER
WEEK 4	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6-PACK SLIM & LIMBER

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SLIM IN 6



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER
WEEK 6	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER	BURN IT UP! SLIM & 6-PACK SLIM & LIMBER

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