

START DATE: _____

FINISH DATE: _____

21 Day Fix



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--|---------------------------------------|--|--|--------------------------------------|--|----------|
| WEEK 1 | Total Body Cardio Fix | Upper Fix | Lower Fix Or Barre Legs* | Pilates Fix Or Flat Abs Fix* | Cardio Fix | Dirty 30 | Yoga Fix |
| WEEK 2 | Total Body Cardio Fix | Upper Fix | Lower Fix Or Barre Legs* | Pilates Fix Or Flat Abs Fix* | Cardio Fix | Dirty 30 | Yoga Fix |
| WEEK 3 | Total Body Cardio Fix | Upper Fix | Lower Fix Or Barre Legs* | Pilates Fix Or Flat Abs Fix* | Cardio Fix | Dirty 30 | Yoga Fix |
| | <i>Optional Double Pilates Fix</i> | <i>Optional Double Cardio Fix</i> | <i>Optional Double 10 Minute Fix For Abs</i> | <i>Optional Double Total Body Cardio Fix</i> | <i>Optional Double Upper Fix</i> | <i>Optional Double Pilates Fix</i> | |

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