WELLBEING WARRIORS

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I am a woman who moves her body every day. It's just what I do

Module 38: ~Witness The Fitness~ - BONUS Worksheet

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps FEBRUARY	1 Start HERE ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	2 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	3 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	4 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	5 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	6 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps
7 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	8 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	9 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	10 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	11 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	12 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	13 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps
14 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	15 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	16 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	17 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	18 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	19 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	20 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps
21 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	22 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	23 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	24 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	25 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	26 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	27 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps
28 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	29 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	30 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	31 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps	1 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps FEBRUARY	2 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps FEBRUARY	3 ___ Russian Twists ___ Mountain Climbers ___ Glute Bridges ___ Steps FEBRUARY