



12
DAY



BODY RESET CHALLENGE

SUN 13 DEC	MON 14 DEC	TUE 15 DEC	WED 16 DEC	THU 17 DEC	FRI 18 DEC
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
SAT 19 DEC	SUN 20 DEC	MON 21 DEC	TUE 22 DEC	WED 23 DEC	THU 24 DEC
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12 Merry Christmas

1. Print off this calendar and hang it where you can see it.
2. Cross off your workouts each day as you complete them and enjoy the feeling of achievement!
3. Head to the Facebook Group and let me know how you went on the daily class check in post.