

8 Day

# Magic Circle

CHALLENGE



MON 7 MAR	TUE 8 MAR	WED 9 MAR	THU 10 MAR
DAY 1	DAY 2	DAY 3	DAY 4
FRI 11 MAR	SAT 12 MAR	SUN 13 MAR	MON 14 MAR
DAY 5	DAY 6	DAY 7	DAY 8

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.
4. You can also share on your facebook or instagram for a chance to be featured on my IG page!  
*Remember to tag me at @epilatesonline and Hashtag #epochallenge so I can see your posts*