

# DANETTE MAY

## 30 Day Challenge

sun

mon

tues

wed

thurs

fri

sat

Day 1

- "I AM LOVE"  
Pilates Workout
- "I AM WORTH IT"  
15 Minute  
Walk Outside

Day 2

- "I AM LOVE"  
Pilates Workout

Day 3

- "I AM LOVE"  
Pilates Workout
- "I AM WORTH IT"  
15 Minute  
Walk Outside

Day 4

- "I AM LOVE"  
Pilates Workout

Day 5

- "I AM WORTH IT"  
15-20 Minute  
Walk Outside

Day 6

- "I AM LOVE"  
Pilates Workout

Day 7

- Rest Day

love the body  
you live in