

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

Day 8

- "I AM LOVING"
Danette's Workout

Day 9

- "I AM ENOUGH"
15 Minute Jog or
Speed Walk.
(If you cannot walk
or jog then bike or
swim for 20 mins.)

Day 10

- "I AM LOVING"
Danette's Workout

Day 11

- Active Rest Day
(Light walk or hike,
gentle yoga flow or
light swimming or
biking.)

Day 12

- "I AM LOVING"
Danette's Workout

Day 13

- "I AM ENOUGH"
15 Minute Jog or
Speed Walk.
(If you cannot walk
or jog then bike or
swim for 20 mins.)

Day 14

- "I AM LOVING"
Danette's Workout

Day 15

- "I AM RELAXED"
Danette's Workout

Day 16

- "I AM BEAUTIFUL"
15 Minute Jog,
Walk, Bike, Swim
or Week One
Pilates Workout

Day 17

- "I AM RELAXED"
Danette's Workout

Day 18

- Active Rest Day
(Light walk or hike,
gentle yoga flow or
light swimming or
biking.)

Day 19

- "I AM RELAXED"
Danette's Workout

Day 20

- "I AM LOVE"
Pilates Workout
from Week One

Day 21

- "I AM RELAXED"
Danette's Workout

love the body
you live in