

30 DAY CHALLENGE WORKOUT CALENDAR

SUN

MON

TUES

WED

THURS

FRI

SAT

DAY 1

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

DAY 2

- "I AM STRONG"
Pilates Workout

DAY 3

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

DAY 4

- "I AM STRONG"
Pilates Workout

DAY 5

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

DAY 6

- "I AM STRONG"
Pilates Workout

DAY 7

- Rest Day