

# 30 DAY CHALLENGE WORKOUT CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
	<div>DAY 1</div> <ul style="list-style-type: none"><li>“I AM STRONG” Pilates Workout</li><li>“I AM WORTH IT” 15 Minute Walk Outside</li></ul>	<div>DAY 2</div> <ul style="list-style-type: none"><li>“I AM STRONG” Pilates Workout</li></ul>	<div>DAY 3</div> <ul style="list-style-type: none"><li>“I AM STRONG” Pilates Workout</li><li>“I AM WORTH IT” 15 Minute Walk Outside</li></ul>	<div>DAY 4</div> <ul style="list-style-type: none"><li>“I AM STRONG” Pilates Workout</li></ul>	<div>DAY 5</div> <ul style="list-style-type: none"><li>“I AM WORTH IT” 15-20 Minute Walk Outside</li></ul>	<div>DAY 6</div> <ul style="list-style-type: none"><li>“I AM STRONG” Pilates Workout</li></ul>
<div>DAY 7</div> <ul style="list-style-type: none"><li>Rest Day</li></ul>	<div>DAY 8</div> <ul style="list-style-type: none"><li>“I AM POWERFUL” Craig’s Workout</li></ul>	<div>DAY 9</div> <ul style="list-style-type: none"><li>“I AM ENOUGH” 15 Minute Jog or Speed Walk. (If you cannot walk or jog then bike or swim for 20 mins.)</li></ul>	<div>DAY 10</div> <ul style="list-style-type: none"><li>“I AM POWERFUL” Craig’s Workout</li></ul>	<div>DAY 11</div> <ul style="list-style-type: none"><li>Active Rest Day (Light walk or hike, gentle yoga flow or light swimming or biking.)</li></ul>	<div>DAY 12</div> <ul style="list-style-type: none"><li>“I AM POWERFUL” Craig’s Workout</li></ul>	<div>DAY 13</div> <ul style="list-style-type: none"><li>“I AM ENOUGH” 15 Minute Jog or Speed Walk. (If you cannot walk or jog then bike or swim for 20 mins.)</li></ul>
<div>DAY 14</div> <ul style="list-style-type: none"><li>“I AM POWERFUL” Craig’s Workout</li></ul>						