

# 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

**DAY 8**

- "I AM POWERFUL"  
Craig'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 POWERFUL"  
Craig's Workout

**DAY 11**

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

**DAY 12**

- "I AM POWERFUL"  
Craig'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 POWERFUL"  
Craig's Workout

**DAY 15**

- "I AM DETERMINED"  
Craig's Workout

**DAY 16**

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

**DAY 17**

- "I AM DETERMINED"  
Craig's Workout

**DAY 18**

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

**DAY 19**

- "I AM DETERMINED"  
Craig's Workout

**DAY 20**

- "I AM STRONG"  
Pilates Workout  
from Week One

**DAY 21**

- "I AM DETERMINED"  
Craig's Workout

