

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

DAY 22

- "I AM GREATNESS"
Craig's Workout

DAY 23

- "I AM STRONG"
Pilates Workout
from Week One
- "I AM SUCCESSFUL"
10 Minute Walk
or Jog

DAY 24

- "I AM GREATNESS"
Craig's Workout

DAY 25

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

DAY 26

- "I AM GREATNESS"
Craig's Workout

DAY 27

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

DAY 28

- "I AM GREATNESS"
Craig's Workout

DAY 29

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

DAY 30

- "I AM CONFIDENT"
Pick Your Favorite
Workout from the
Past 30 Days!