

# 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

Day 22

- "I AM STRONG"  
Danette's Workout

Day 23

- "I AM LOVE"  
Pilates Workout  
from Week One

Day 24

- "I AM STRONG"  
Danette's Workout

Day 25

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

Day 26

- "I AM STRONG"  
Danette's Workout

Day 27

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

Day 28

- "I AM STRONG"  
Danette'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!

love the body  
you live in