

QUOTE OF THE MONTH: "CLEAR YOUR MIND OF CAN'T" - SAMUEL JOHNSON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 New! Physique's GET FIT QUICK featuring Erin Andrews	3 CLASSIC 57 MINUTE (volume 1 or 2)	4 EXPRESS 30 MINUTE (volume 1 or 2) + BOOSTER (arm&ab or thigh&seat)	5 PHYSIQUE F.I.T. -or- ARM & AB BOOSTER	6 PHYSIQUE F.I.T. + PHYSIQUE STRONG & LEAN	7 REST DAY
8 CLASSIC 57 MINUTE (volume 1 or 2)	9 BOOSTER (arm&ab or thigh&seat)	10 GET FIT QUICK ft. Erin Andrews + EXPRESS 30 MINUTE (volume 1 & 2)	11 PHYSIQUE CARDIO SCULPT	12 CLASSIC 57 MINUTE (volume 1 or 2) + ARM & AB BOOSTER	13 REST DAY	14 EXPRESS 30 MINUTE (volume 1 or 2)
15 CLASSIC 57 MINUTE (volume 1 or 2)	16 PHYSIQUE STRONG & LEAN + THIGH & SEAT BOOSTER	17 EXPRESS 30 MINUTE (volume 1 or 2) + BOOSTER (arm&ab or thigh&seat)	18 GET FIT QUICK ft. Erin Andrews	19 BOOSTER (arm&ab or thigh&seat)	20 REST DAY	21 CLASSIC 57 MINUTE (volume 1 or 2)
22 GET FIT QUICK ft. Erin Andrews + BOOSTER (arm&ab or thigh&seat)	23 CLASSIC 57 MINUTE (volume 1 or 2)	24 EXPRESS 30 MINUTE (volume 1 or 2) + ONLINE WORKOUT OF CHOICE	25 MERRY CHRISTMAS! REST DAY	26 PHYSIQUE CARDIO SCULPT	27 CLASSIC 57 MINUTE (volume 1 or 2)	28 BOOSTER (arm&ab or thigh&seat)
29 PHYSIQUE F.I.T. + PHYSIQUE CARDIO	30 EXPRESS 30 MINUTE (volume 1 or 2) + THIGH & SEAT BOOSTER	31 GET FIT QUICK ft. Erin Andrews				
TRACK your PROGRESS	DAY 1		DAY 14		DAY 31	
	Weight:		Weight:		Weight:	
	Bust:		Bust:		Bust:	
	Arms:		Arms:		Arms:	
	Thighs:		Thighs:		Thighs:	
	L:	R:	L:	R:	L:	R:
	L:	R:	L:	R:	L:	R: