

30 DAY DAILY PLAN



<p>1 </p> <p>Survive your first Movey Training</p> <p> Jurassic</p>	<p>2 </p> <p>Feel-Good with Food</p> <p> </p>	<p>3 </p> <p>Throw in the Towel?</p> <p></p>	<p>4 </p> <p>Millionaire Morning</p> <p> </p>	<p>5 </p> <p>Home Stretch!</p> <p></p>	<p>6 </p> <p>Ditching Dodgy Diet</p> <p></p>	<p>7 </p> <p>Cheat Sheet!</p> <p> </p>
<p>8 </p> <p>Life Saver Movey Morning</p> <p> Baywatch</p>	<p>9 </p> <p>Roll with it... Moving with Momentum</p> <p> </p>	<p>10 </p> <p>Barre stool sports</p> <p></p>	<p>11 </p> <p>Exercise Mythbuster</p> <p> </p>	<p>12 </p> <p>C'worr What a CORE!</p> <p></p>	<p>13 </p> <p>Social Media Killing Your Confidence?</p> <p> </p>	<p>14 </p> <p>Intensity Equation</p> <p> </p>
<p>15 </p> <p>Keep it HULKY Movey Morning</p> <p> Incredible Hunk</p>	<p>16 </p> <p>Nutrition Mythbuster</p> <p></p>	<p>17 </p> <p>HOME ATHLETE</p> <p></p>	<p>18 </p> <p>Cut the Booze</p> <p> </p>	<p>19 </p> <p>Beauty & the Beast mode in Breath Work</p> <p> </p>	<p>20 </p> <p>Lets Play a Game!</p> <p></p>	<p>21 </p> <p>Building Muscle Like a Movie Star</p> <p> </p>
<p>22 </p> <p>Lost in the Adventure Movey Morning</p> <p> Hunkiana Jones</p>	<p>23 </p> <p>GYM-TIMI-DATED?</p> <p> </p>	<p>24 </p> <p>Training & Anatomy? Come at me!</p> <p></p>	<p>25 </p> <p>The Do's & No Donuts for Dieting</p> <p> </p>	<p>26 </p> <p>Mental Health Matters: Feat @jaslipska</p> <p> </p>	<p>27 </p> <p>Ho ho ho, There's another HIIT routine to go</p> <p> </p>	<p>28 </p> <p>Best of Both Worlds</p> <p></p>
<p>29 </p> <p>Pirates of the Imbalances</p> <p></p>	<p>30 </p> <p>JIGGY WITH IT CONGRATULATIONS Keep it Hunky Dance workout</p> <p> </p>	<p> Guided workout</p> <p> Exclusive Movie Morning</p> <p> Walking Goal</p> <p> Worksheet or Activity</p> <p> Fitness App has an exclusive workout for you!</p> <p> Review Day - Fill in your FYF journal progress.</p> <p> Quiz Time! - Recapping the Week</p>				