

FITNESSCLASSES

a Strong Confident Living production

21 DAY RESET BACK TO BASICS

START HERE

	<input type="checkbox"/> Fit Test						
WEEK 1	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	REST DAY
WEEK 2	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE! WALK/RUN	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	REST DAY
WEEK 3	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	REST DAY Fit Test

