



YOUR ITINERARY AT A GLANCE! MARK THESE DATES AND TIMES ON YOUR CALENDAR NOW!

DATE	TIME	TOPIC	TRACK	CONTENT
April 11	9:00a PT	CHARACTER	WE “With Erika”	MINDSET/BIZ
April 15	9:00a PT	CHARACTER	LL “Lesley Logan”	PILATES
April 18	9:00a PT	CONSISTENCY	WE “With Erika”	MVMT
April 22	9:00a PT	CONSISTENCY	LL “Lesley Logan”	MINDSET/BIZ
April 25	9:00a PT	CONSTRUCT	WE “With Erika”	MINDSET/BIZ
April 29	9:00a PT	CONSTRUCT	LL “Lesley Logan”	PILATES
May 2	9:00a PT	COURAGE	WE “With Erika”	MVMT
May 6***	8:00a PT	COURAGE	LL “Lesley Logan”	MINDSET/BIZ

As a reminder, Zoom links will be provided via email 12-24 hours prior to each session along with special event plans and materials. The downloadable materials are also housed inside All The WE+LLthy Details inside the program on LevelUpMVMT.com and you have access to these indefinitely after purchasing this course.

Love,

Erika and Lesley

*****SPECIAL TIME FOR LL TRACK THIS WEEK*****