

MAY

S M T W T F S

PRINT THIS CALENDAR AND USE IT TO TRACK YOUR PROGRESS THROUGHOUT THE MONTH!

1
RUN/WALK

2
REST DAY

3
LEG BURNOUT

4
RUN/WALK

5
CORE/BALANCE

6
YOGA STRETCH

7
UPPER BODY

8
RUN/WALK

9
REST DAY

10
LEG BURNOUT

11
RUN/WALK

12
CORE/BALANCE

13
YOGA STRETCH

14
UPPER BODY

15
RUN/WALK

16
REST DAY

17
LEG BURNOUT

18
RUN/WALK

19
CORE/BALANCE

20
YOGA STRETCH

21
UPPER BODY

22
RUN/WALK

23
REST DAY

24
LEG BURNOUT

25
RUN/WALK

26
CORE/BALANCE

27
YOGA STRETCH

28
UPPER BODY

29
RUN/WALK

30
REST DAY

31
LEG BURNOUT

DON'T FORGET: CHECK OUT TRAINER TIP TUESDAYS ON FACEBOOK EACH WEEK!

