

SUNDAY	SATURDAY	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY

CLIENT PLEASE FILL IN THE DATE IN THE BOXES BELOW FOR EACH WORKOUT YOU COMPLETE, PLEASE TRY AS HARD AS YOU CAN TO STICK TO THE ORIGINAL LAYOUT TO PROGRESS!

WK 1	WK 1	WK 1	WK 1	WK 1	WK 1	WK 1
WK 2	WK 2	WK 2	WK 2	WK 2	WK 2	WK 2
WK 3	WK 3	WK 3	WK 3	WK 3	WK 3	WK 3
WK 4	WK 4	WK 4	WK 4	WK 4	WK 4	WK 4

For more info and assistance please speak to PT Dave Allworthy
 or email on: design@daveallworthy.com website: daveallworthy.com