

MAY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labour Day (Belize)	3	4 Challenge Launch! 6pm/8pm	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Commonwealth Day (Belize)	24	25	26	27	28
29	30 Memorial Day	31				

Remember to add each week:

1. Weigh in and Measurements
2. Website login for workouts
3. Workout A and Workout B
4. Food Prep day
5. Call with Coach
6. Weekly group call

WEEKLY PROGRESS PHOTOS – in the same outfit and lighting, front, side and back

DAILY:

1. Track and hit your macros in the app
2. Do your workouts
3. Drink Water
4. Use positive self talk about your progress

JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Father's Day	20	21	22	23	24	25
26	27	28	29 Challenge Finish! 6pm/8pm	30	1 Canada Day	

Remember to add each week:

7. Weigh in and Measurements
8. Website login for workouts
9. Workout A and Workout B
10. Food Prep day
11. Call with Coach
12. Weekly group call

WEEKLY PROGRESS PHOTOS – in the same outfit and lighting, front, side and back

DAILY:

5. Track and hit your macros in the app
6. Do your workouts
7. Drink Water
8. Use positive self talk about your progress
