

BOB HARPER THE SKINNY RULES

MONTH 2

WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CORE WOD 1 <input type="checkbox"/>	CORE WOD 2 <input type="checkbox"/>	REST <input type="checkbox"/> Remember why you are doing this? What is your goal?	CARDIO WOD 1 <input type="checkbox"/>	STRENGTH WOD 1 <input type="checkbox"/>	CORE WOD 3 <input type="checkbox"/>	REST <input type="checkbox"/> Stay hydrated and stretch.
Notes _____	Notes _____		Notes _____	Notes _____	Notes _____	

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CORE WOD 4 <input type="checkbox"/>	STRENGTH WOD 2 <input type="checkbox"/>	REST <input type="checkbox"/> Stay focused - No excuses!	CARDIO WOD 2 <input type="checkbox"/>	CORE WOD 1 <input type="checkbox"/>	CARDIO WOD 3 <input type="checkbox"/>	REST <input type="checkbox"/> Recovery is just as important as your workout!
Notes _____	Notes _____		Notes _____	Notes _____	Notes _____	

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CORE WOD 2 <input type="checkbox"/>	STRENGTH WOD 3 <input type="checkbox"/>	REST <input type="checkbox"/> Focus on what you're putting in your body today!	CARDIO WOD 4 <input type="checkbox"/>	CORE WOD 3 <input type="checkbox"/>	CORE WOD 4 <input type="checkbox"/>	REST <input type="checkbox"/> Keep it simple and make healthy choices!
Notes _____	Notes _____		Notes _____	Notes _____	Notes _____	

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO WOD 1 <input type="checkbox"/>	CORE WOD 1 <input type="checkbox"/>	REST <input type="checkbox"/> You are almost done with Month 2 Push yourself!	CORE WOD 2 <input type="checkbox"/>	CORE WOD 3 <input type="checkbox"/>	STRENGTH WOD 4 <input type="checkbox"/>	REST <input type="checkbox"/> Reflect on your progress since you began! You're stronger now!
Notes _____	Notes _____		Notes _____	Notes _____	Notes _____	



BEFORE
PHOTO

AFTER
PHOTO

STATS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT _____				
WAIST _____				
ARM _____				
LEG _____				