

BOB HARPER THE SKINNY RULES

MONTH 3

WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH WOD 1 <input type="checkbox"/>	CARDIO WOD 1 <input type="checkbox"/>	REST <input type="checkbox"/> Stay strong! Conquer each challenge as it comes.	STRENGTH WOD 2 <input type="checkbox"/>	CORE WOD 1 <input type="checkbox"/>	CARDIO WOD 2 <input type="checkbox"/>	REST <input type="checkbox"/> Fuel your body with healthy choices.
Notes _____	Notes _____		Notes _____	Notes _____	Notes _____	

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH WOD 3 <input type="checkbox"/>	CARDIO WOD 3 <input type="checkbox"/>	REST <input type="checkbox"/> Water, water and more water!	STRENGTH WOD 4 <input type="checkbox"/>	CORE WOD 2 <input type="checkbox"/>	CARDIO WOD 4 <input type="checkbox"/>	REST <input type="checkbox"/> Enjoy your rest day and remember to stretch!
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH WOD 1 <input type="checkbox"/>	CARDIO WOD 1 <input type="checkbox"/>	REST <input type="checkbox"/> Trust the process, keep moving forward, and believe in yourself!	CARDIO WOD 2 <input type="checkbox"/>	STRENGTH WOD 3 <input type="checkbox"/>	CORE WOD 3 <input type="checkbox"/>	REST <input type="checkbox"/> Finish the month out strong! You're almost there.
Notes _____	Notes _____		Notes _____	Notes _____	Notes _____	

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO WOD 3 <input type="checkbox"/>	STRENGTH WOD 4 <input type="checkbox"/>	REST <input type="checkbox"/> Think about how you felt Day 1. You've come a long way!	CARDIO WOD 4 <input type="checkbox"/>	STRENGTH WOD 1 <input type="checkbox"/>	STRENGTH WOD 2 <input type="checkbox"/>	REST <input type="checkbox"/> Congratulations! Keep up the good work using what you have learned!
Notes _____	Notes _____		Notes _____	Notes _____	Notes _____	



BEFORE PHOTO

AFTER PHOTO

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