



BEACHBODY®

Decide. Commit. Succeed.

- Check in on the Beachbody.com Power Half Hour Message Boards for Support and Motivation
- Don't Quit—Keep Pushing Play! ▶

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<i>Prep Week</i>	TAKE "BEFORE" PHOTO!			Do Optional 2-Day Fast Here			
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	Make-up Days/Recovery Week					TAKE "AFTER" PHOTO!

Track Your Workouts!

For each day, write the name of the workout completed.

You can use the following:

Ab Burner

Thigh Trimmer

Bun Shaper

Arm Toner

Stretch

Others: _____

POWER HALF HOUR
 This is just the beginning. Continue building on your accomplishments—Keep Pushing Play! ▶

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