



MOTIVATIONAL WALL ART CALENDAR

UPGRADE to the NEW VERSION of YOU

It's all about being proud of yourself for getting up and moving. Each workout is 30 min., but whether you start with 10 or 20 min., it's a start and that's what matters. Simply follow this calendar and do your best every day.

WEEKDAYS:

Press play on your **YOUv2™** routine.

WEEKENDS:

Aim to do at least 10 min. of activity (like going for a walk) and set yourself up for a successful week.

BE A STAR:

You're already a shining star but you can shine even brighter. Give yourself 1, 2, or 3 stars based on how you do each day. At the end, you just might surprise yourself with how many stars you've accumulated. *XoXo, Leandro*

- ★ = I got moving for 10 min. today
- ★★ = I got moving for 20 min. today
- ★★★ = I got moving for 30 min. (or more) today

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	COLLECT YOUR STARS!
1	Take your "v1" photos and measurements. Pick the week's Shakeology recipes. Go for a 10-min. walk!	PRESS PLAY ON MOVE YOUR BODY	PRESS PLAY ON MOVE YOUR BODY	PRESS PLAY ON MOVE YOUR BODY	PRESS PLAY ON MOVE YOUR BODY	PRESS PLAY ON MOVE YOUR BODY	SHOPPING DAY! Pick up items for this week's recipes at the grocery store. Go for a 10-min. walk!	 TOTAL
HOW DID YOU DO?	★★★	★★★	★★★	★★★	★★★	★★★	★★★	WEEK 1 STAR POWER!
2	MEAL PREP PARTY! Make your meals today to save time during the week! Go for a 10-min. walk!	PRESS PLAY ON WORK IT. \$HAKE IT!	PRESS PLAY ON WORK IT. \$HAKE IT!	PRESS PLAY ON WORK IT. \$HAKE IT!	PRESS PLAY ON WORK IT. \$HAKE IT!	PRESS PLAY ON WORK IT. \$HAKE IT!	SHOPPING DAY! Pick up items for this week's recipes at the grocery store. Go for a 10-min. walk!	 TOTAL
HOW DID YOU DO?	★★★	★★★	★★★	★★★	★★★	★★★	★★★	ADD WEEKS 1+2 STAR POWER!
3	MEAL PREP PARTY! Make your meals today to save time during the week! Go for a 10-min. walk!	PRESS PLAY ON ROCK IT OUT!	PRESS PLAY ON SCULPT SHACK	PRESS PLAY ON ROCK IT OUT!	PRESS PLAY ON SCULPT SHACK	PRESS PLAY ON ROCK IT OUT!	SHOPPING DAY! Pick up items for this week's recipes at the grocery store. Go for a 10-min. walk!	 TOTAL
HOW DID YOU DO?	★★★	★★★	★★★	★★★	★★★	★★★	★★★	ADD WEEKS 1+2+3 STAR POWER!
4	MEAL PREP PARTY! Make your meals today to save time during the week! Go for a 10-min. walk!	PRESS PLAY ON SWEAT SENSATION	PRESS PLAY ON BELIEVE, ACHIEVE & TONE	PRESS PLAY ON SWEAT SENSATION	PRESS PLAY ON BELIEVE, ACHIEVE & TONE	PRESS PLAY ON SWEAT SENSATION	YOU DID IT! WOO HOO! Take your "v2" photos and measurements. <i>Bonus: Do your favorite routines and share videos of your dance moves with us on social media. #YOUv2</i>	 TOTAL
HOW DID YOU DO?	★★★	★★★	★★★	★★★	★★★	★★★	★★★	GRAND TOTAL!

Consult your physician and follow all safety instructions before beginning this exercise program and nutrition plan.

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