Weekly *check-in*

TICK IT · SEND IT EVERY SUNDAY

WEEK 10

WEEK ONE // SCHEDULE		
☐	**UPPER A** SUN · 10-MIN WARM-UP INCLUDED	40 MIN
☐	**LOWER A** MON · 10-MIN WARM-UP INCLUDED	40 MIN
☐	**REST + 8K STEPS** TUE · 10-MIN WARM-UP INCLUDED	–
☐	**UPPER B** WED · 10-MIN WARM-UP INCLUDED	40 MIN
☐	**LOWER B** THU · 10-MIN WARM-UP INCLUDED	40 MIN
☐	**FAMILY DAY** FRI · 10-MIN WARM-UP INCLUDED	–
☐	**MOBILITY** SAT · 10-MIN WARM-UP INCLUDED	20 MIN

WHAT IS YOUR FOCUS THIS WEEK?

ONE HABIT YOU WILL ADD:

WEIGHT · WAIST · AVERAGE SLEEP: