
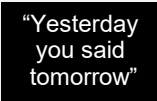
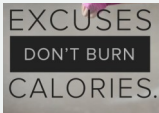
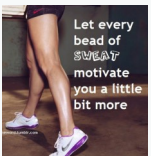



















46 day challenge—exercise every day

40 day challenge—1 day off a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>“ SUCCESS ALL DEPENDS ON THE SECOND LETTER. ”</p>	<p>1st</p>	<p>02nd</p> <p>Exercise: </p> <p>Time:</p>	<p>3rd</p>	<p>04th</p> <p>Exercise: </p> <p>Time:</p>	<p>05th</p>	<p>06th</p> <p>Exercise: </p> <p>Time:</p>
<p>07th</p> <p>Exercise:</p> <p>Time:</p>	<p>08th</p> <p>Exercise: </p> <p>Time:</p>	<p>09th</p> <p>Exercise:</p> <p>Time:</p>	<p>10th</p> <p>Exercise: </p> <p>Time:</p>	<p>11th</p> <p>Exercise:</p> <p>Time:</p>	<p>12th</p> <p>Exercise: "The hardest part of exercise is putting your shoes on"</p> <p>Time:</p>	<p>13th</p> <p>Exercise:</p> <p>Time:</p>
<p>14th</p> <p>Exercise: </p> <p>Time:</p>	<p>15th</p> <p>Exercise:</p> <p>Time:</p>	<p>16th</p> <p>Exercise: </p> <p>Time:</p>	<p>17th</p> <p>Exercise:</p> <p>Time:</p>	<p>18th</p> <p>Exercise: </p> <p>Time:</p>	<p>19th</p> <p>Exercise:</p> <p>Time:</p>	<p>20th</p> <p>Exercise: </p> <p>Time:</p>
<p>21st</p> <p>Exercise:</p> <p>Time:</p>	<p>22nd</p> <p>Exercise: </p> <p>Time:</p>	<p>23rd</p> <p>Exercise:</p> <p>Time:</p>	<p>24th</p> <p>Exercise: A ONE HOUR WORKOUT IS 4% OF YOUR DAY <i>no excuses</i></p> <p>Time:</p>	<p>25th</p> <p>Exercise:</p> <p>Time:</p>	<p>26th</p> <p>Exercise: i'm not telling you it is going to be easy, i'm telling you it's going to be worth it.</p> <p>Time:</p>	<p>27th</p> <p>Exercise:</p> <p>Time:</p>
<p>28th</p> <p>Exercise: </p> <p>Time:</p>	<p>29th</p> <p>Exercise:</p> <p>Time:</p>	<p>30th</p> <p>Exercise: </p> <p>Time:</p>	<p>31st</p> <p>Exercise:</p> <p>Time:</p>	<p>01st</p> <p>Exercise: </p> <p>Time:</p>	<p>02nd</p> <p>Exercise:</p> <p>Time:</p>	<p>03rd</p> <p>Exercise: </p> <p>Time:</p>
<p>4th</p> <p>Exercise:</p> <p>Time:</p>	<p>5th</p> <p>Exercise: </p> <p>Time:</p>	<p>06th</p> <p>Exercise:</p> <p>Time:</p>	<p>07th</p> <p>Exercise: </p> <p>Time:</p>	<p>08th</p> <p>Exercise:</p> <p>Time:</p>	<p>09th</p> <p>Exercise: </p> <p>Time:</p>	<p>10th</p> <p>Exercise:</p> <p>Time:</p>
<p>11th</p> <p>Exercise: </p> <p>Time:</p>	<p>12th</p> <p>Exercise:</p> <p>Time:</p>	<p>13th</p> <p>Exercise: </p> <p>Time:</p>	<p>14th</p> <p>Exercise:</p> <p>Time:</p>	<p>15th</p> <p>Exercise: </p> <p>Time:</p>	<p>16th</p> <p>Exercise:</p> <p>Time:</p>	<p>17th</p> <p>Exercise: </p>