

* My Goals

My goals for the 21 Day Fix (think weight loss, strength, muscle building) are:

- 1.
- 2.
- 3.

Make me your FREE coach:
<http://bit.ly/CoachJacqui>

Visit my blog for inspiration
 & more free printables:
WeighToMaintain.com!

* Motivation

What is my motivation & inspiration?

* Reward

How will I reward myself for finishing the program?

21 DAY FIX WORKOUT CALENDAR

Before Stats

Weight Chest Waist Hips
 Body Fat % Thigh Bicep Calf

Mon	Tues	Wed	Thur	Fri	Sat	Sun
DAY 1 Total Body Cardio Fix	DAY 2 Upper Fix	DAY 3 Lower Fix or Barre Legs	DAY 4 Pilates Fix or Flat Abs	DAY 5 Cardio Fix	DAY 6 Dirty 30	DAY 7 Yoga Fix
DAY 8 Total Body Cardio Fix	DAY 9 Upper Fix	DAY 10 Lower Fix or Barre Legs	DAY 11 Pilates Fix or Flat Abs	DAY 12 Cardio Fix	DAY 13 Dirty 30	DAY 14 Yoga Fix
DAY 15 Total Body Cardio Fix	DAY 16 Upper Fix	DAY 17 Lower Fix or Barre Legs	DAY 18 Pilates Fix or Flat Abs	DAY 19 Cardio Fix	DAY 20 Dirty 30	DAY 21 Yoga Fix
Optional Double Pilates Fix	Optional Double Cardio Fix	Optional Double 10 Minute Fix for Abs	Optional Double Total Body Cardio Fix	Optional Double Upper Fix	Optional Double Pilates Fix	

After Stats

Weight Chest Waist Hips
 Body Fat % Thigh Bicep Calf

Enjoy a Free
 Printable!


Weigh to **MAINTAIN**
 Life after the diet. Keeping the weight off while keeping my sanity.