Please put a **check mark** each day that you complete a video.

Please **put a x** every day that you do any other type of workout.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Each Week record what you learned, make sure to keep a journal for your reps. Remember since we're not doing zoom you can take your time to complete sets. Try to match the number of reps that I do during each set.

Start keeping track of your progress and what you learned from each workout.