

BARRE BODY 28 DAY LEVEL UP CHALLENGE

MY GOAL

HOW I WANT TO FEEL

JULY 20	JULY 21	JULY 22	JULY 23	JULY 24	JULY 25	JULY 26
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
JULY 27	JULY 28	JULY 29	JULY 30	JULY 31	AUGUST 01	AUGUST 02
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
AUGUST 03	AUGUST 04	AUGUST 05	AUGUST 06	AUGUST 07	AUGUST 08	AUGUST 09
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
AUGUST 10	AUGUST 11	AUGUST 12	AUGUST 13	AUGUST 14	AUGUST 15	AUGUST 16
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28

REMEMBER

- Forget all-or-nothing mindsets. You might miss a day or two (hello, life), keep going, and focus on showing up.
- Know that you won't always feel like working out. Focus on just getting started, before you know it, you'll be embracing the burn.
- Start where you are, and build up as you go. Moving your body is SO GOOD FOR YOU.
- Do it with friends. Join us in the Facebook Group, share your wins and your challenges - we're levelling up together.