

Week 1	Week 2
<p>Warmup</p> <p>Challenge</p> <p>Review</p> <p>Activity</p> <p>Monday _____</p> <p>Tuesday _____</p> <p>Wednesday _____</p> <p>Thursday _____</p> <p>Friday _____</p> <p>Saturday _____</p>	<p>Warmup</p> <p>Challenge</p> <p>Review</p> <p>Activity</p> <p>Monday _____</p> <p>Tuesday _____</p> <p>Wednesday _____</p> <p>Thursday _____</p> <p>Friday _____</p> <p>Saturday _____</p>
Week 3	Week 4
<p>Warmup</p> <p>Challenge</p> <p>Review</p> <p>Activity</p> <p>Monday _____</p> <p>Tuesday _____</p> <p>Wednesday _____</p> <p>Thursday _____</p> <p>Friday _____</p> <p>Saturday _____</p>	<p>Warmup</p> <p>Challenge</p> <p>Review</p> <p>Activity</p> <p>Monday _____</p> <p>Tuesday _____</p> <p>Wednesday _____</p> <p>Thursday _____</p> <p>Friday _____</p> <p>Saturday _____</p>