



CALENDAR

Use this calendar to track your progress as you complete each day's workout. For workouts that include AMRAP training, record those results as well. Don't forget to eat healthy, and stay on top of your daily Shakeology and Beachbody Performance supplements. Share on social platforms with **#mbf**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <input type="checkbox"/> Lower Body Burn	2 <input type="checkbox"/> Core Circuit AMRAP _____	3 <input type="checkbox"/> Upper Body Burn	4 <input type="checkbox"/> Core Circuit AMRAP _____	5 <input type="checkbox"/> Full Body Burn	6 <input type="checkbox"/> Power Ignite	7 <input type="checkbox"/> Dynamic Recovery
8 <input type="checkbox"/> Lower Body Burn	9 <input type="checkbox"/> Core Circuit AMRAP _____	10 <input type="checkbox"/> Upper Body Burn	11 <input type="checkbox"/> Core Circuit AMRAP _____	12 <input type="checkbox"/> Full Body Burn	13 <input type="checkbox"/> Power Ignite	14 <input type="checkbox"/> Dynamic Recovery
15 <input type="checkbox"/> Lower Body Burn	16 <input type="checkbox"/> Core Circuit AMRAP _____	17 <input type="checkbox"/> Upper Body Burn	18 <input type="checkbox"/> Core Circuit AMRAP _____	19 <input type="checkbox"/> Full Body Burn	20 <input type="checkbox"/> Power Ignite	21 <input type="checkbox"/> Dynamic Recovery

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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