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DAY 1

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 3

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 5

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 7

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 9

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 11

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 2

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 4

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 6

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 8

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 10

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 12

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____


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DAY 13

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 15

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 17

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 19

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 21

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | |

Questions/remarks: _____

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DAY 23

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| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | |

Questions/remarks: _____

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DAY 14

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 16

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 18

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 20

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|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | <input type="checkbox"/> Exercise 4 |

Questions/remarks: _____

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DAY 22

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| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | |

Questions/remarks: _____

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DAY 24

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| <input type="checkbox"/> Exercise 1 | <input type="checkbox"/> Exercise 2 |
| <input type="checkbox"/> Exercise 3 | |

Questions/remarks: _____


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DAY 25

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 27

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 29

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 31

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 33

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 35

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 26

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 28

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 30

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 32

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 34

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 36

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____


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DAY 37

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Exercise 1

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Exercise 2

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Exercise 3

Questions/remarks: _____

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DAY 39

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 38

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

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DAY 40

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Exercise 1

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Exercise 2

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Exercise 3

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Exercise 4

Questions/remarks: _____

The program can be repeated multiple times with a minimum of 4 weeks in between.
It may be used on it's own or in conjunction with other methods and techniques.