



JANUARY 2018 NEW YEARS BREAKTHROUGH CHALLENGE

Join me LIVE on Facebook
every TU & TH @ 11 AM PT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
New Years Breakthrough Challenge Starts 1/8/18	Join me LIVE Circuit Workout on my MAIN FB PAGE	Ultimate Sexy Shoulders 1	Tabata Squats & Abs	Back, Booty & Bi's	Yoga Fusion 1	Arm Jiggle Torcher
7	8	9	10	11	12	13
Rest & Unplug	Breakthrough Circuit #1 Challenge Starts! TAKE YOUR BEFORE PHOTOS	Breakthrough Circuit #2 LIVE @ 11 a.m. PST	REST & STRETCH	Breakthrough Circuit #3	Breakthrough Circuit #4	Breakthrough Circuit #5
14	15	16	17	18	19	20
Rest & Unplug	Breakthrough Circuit #6	Breakthrough Circuit #7 LIVE @ 11 a.m. PST	REST & STRETCH	Breakthrough Circuit #8	Breakthrough Circuit #9	Breakthrough Circuit #10
21	22	23	24	25	26	27
Rest & Unplug	Breakthrough Circuit #11	Breakthrough Circuit #12 LIVE @ 11 a.m. PST	REST & STRETCH	Breakthrough Circuit #13	Breakthrough Circuit #14	Breakthrough Circuit #15
28	29	30	31			
Rest & Unplug	Breakthrough Circuit #1	Breakthrough Circuit #16 LIVE @ 11 a.m. PST	REST & STRETCH			

This is your BREAKTHROUGH Year! Be sure to check in weekly in our FB VIP Group with your accountability photos! Let's Do This!