

STRONG BODY, CALM MIND CHALLENGE

DAY 1 ○ Meditation	DAY 2 ○ Meditation ○ Walk	DAY 3 ○ Meditation ○ Yoga	DAY 4 ○ Meditation ○ Cardio	DAY 5 ○ Meditation	DAY 6 ○ Meditation ○ Walk	DAY 7 ○ Meditation ○ Yoga
DAY 8 ○ Meditation	DAY 9 ○ Meditation ○ Walk	DAY 10 ○ Meditation ○ Cardio	DAY 11 ○ Meditation	DAY 12 ○ Meditation ○ Yoga	DAY 13 ○ Meditation ○ Walk	DAY 14 ○ Meditation ○ Cardio
DAY 15 ○ Meditation	DAY 16 ○ Meditation ○ Yoga	DAY 17 ○ Meditation ○ Cardio	DAY 18 ○ Meditation ○ Walk	DAY 19 ○ Meditation	DAY 20 ○ Meditation ○ Yoga	DAY 21 ○ Meditation ○ Walk
DAY 22 ○ Meditation ○ Cardio	DAY 23 ○ Meditation ○ Yoga	DAY 24 ○ Meditation ○ Walk	DAY 25 ○ Meditation	DAY 26 ○ Meditation ○ Yoga	DAY 27 ○ Meditation ○ Walk	DAY 28 ○ Meditation ○ Cardio
DAY 29 ○ Meditation ○ Yoga	DAY 30 ○ Meditation ○ Walk					