

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p><b>1. Warming up.</b> is the process of "loosening" and otherwise preparing your muscles and joints for exercise.</p>
FOOD DIARY								<p><b>2.</b> If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself.</p>
WEEKLY GOALS								<p><b>3. If it hurts, don't do it.</b> Work around pain, not through it.</p>



# WEEK 1

## FRAGILE BUT FABULOUS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p><b>1. Warming up.</b> is the process of "loosening" and otherwise preparing your muscles and joints for exercise.</p>
FOOD DIARY								<p><b>2.</b> If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself.</p>
WEEKLY GOALS								<p><b>3. If it hurts, don't do it.</b> Work around pain, not through it.</p>



# WEEK 2

## FRAGILE BUT FABULOUS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p><b>1. Warming up.</b> is the process of "loosening" and otherwise preparing your muscles and joints for exercise.</p>
FOOD DIARY								<p><b>2.</b> If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself.</p>
WEEKLY GOALS								<p><b>3. If it hurts, don't do it.</b> Work around pain, not through it.</p>



# WEEK 3

## FRAGILE BUT FABULOUS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p><b>1. Warming up.</b> is the process of "loosening" and otherwise preparing your muscles and joints for exercise.</p>
FOOD DIARY								<p><b>2.</b> If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself.</p>
WEEKLY GOALS								<p><b>3. If it hurts, don't do it.</b> Work around pain, not through it.</p>



# WEEK 4

## FRAGILE BUT FABULOUS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p><b>1. Warming up.</b> is the process of "loosening" and otherwise preparing your muscles and joints for exercise.</p>
FOOD DIARY								<p><b>2.</b> If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself.</p>
WEEKLY GOALS								<p><b>3. If it hurts, don't do it.</b> Work around pain, not through it.</p>



# WEEK 5

## FRAGILE BUT FABULOUS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p><b>1. Warming up.</b> is the process of "loosening" and otherwise preparing your muscles and joints for exercise.</p>
FOOD DIARY								<p><b>2.</b> If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself.</p>
WEEKLY GOALS								<p><b>3. If it hurts, don't do it.</b> Work around pain, not through it.</p>



# WEEK 6

## FRAGILE BUT FABULOUS

