

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5AM Get Lifted	2 5:15AM Quick Fit 4:15 Get Lifted	3	4
5	6 5AM PiYo 4:15PM Get Lifted	7 5:15AM Quick Fit	8 4:15PM Get Lifted	9 5AM Kardio Kick	10	11
12	13	14	15 6AM Get Lifted	16 6AM Kardio Kick	17 6AM Get Lifted	18
19	20 5AM PiYo 4:15PM Get Lifted	21 5:15AM Quick Fit	22 4:15PM Get Lifted	23 5AM Get Lifted	24	25
26	27 5:15AM Quick Fit	28 5AM Get Lifted	29 4:15PM Get Lifted	30 5AM Kardio Kick	31	

STRIVE FOR PROGRESS, NOT PERFECTION.