



THURSDAY		<b>TO DO</b>
		<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>
		<b>EXERCISE</b>

FRIDAY		<b>TO DO</b>
		<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>
		<b>EXERCISE</b>

SATURDAY	
<b>EXERCISE</b>	<b>TO DO</b>
	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>

SUNDAY	
<b>EXERCISE</b>	<b>TO DO</b>
	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>