

Remember Your Goals! Why are you committing to becoming Autoimmune Strong?

LET YOUR GOALS MOTIVATE YOU!

GOALS: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 VIDEO #1 THE CORE	LEVEL 1 VIDEO #2 THE MUSCLES	LEVEL 1 VIDEO #3 FOOT&ANKLE	LEVEL 1 VIDEO #1 THE CORE	LEVEL 1 VIDEO #3 FOOT&ANKLE	LEVEL 1 STRETCH #1 + WORKOUT #1	REST
WEEK 2	LEVEL 1 VIDEO #4 HIPS&GLUTES	LEVEL 1 VIDEO #1 THE CORE	LEVEL 1 VIDEO #2 THE MUSCLES	LEVEL 1 VIDEO #3 FOOT&ANKLE	LEVEL 1 VIDEO #4 HIPS&GLUTES	LEVEL 1 STRETCH #1 + WORKOUT #2	REST
WEEK 3	LEVEL 1 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 1 VIDEO #4 HIPS&GLUTES	LEVEL 1 VIDEO #4 HIPS&GLUTES	LEVEL 1 VIDEO #4 HIPS&GLUTES	LEVEL 1 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 1 STRETCH #1 + WORKOUT #3	REST
WEEK 4	LEVEL 1 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 1 STRETCH #1 + WORKOUT #1	LEVEL 1 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 1 STRETCH #1 + WORKOUT #2	LEVEL 1 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 1 STRETCH + WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 2 VIDEO #1 THE CORE	LEVEL 2 VIDEO #2 THE MUSCLES	LEVEL 2 VIDEO #3 FOOT&ANKLE	LEVEL 2 VIDEO #1 THE CORE	LEVEL 2 VIDEO #3 FOOT&ANKLE	LEVEL 2 STRETCH 1 + 2 WORKOUT 1	REST
WEEK 2	LEVEL 2 VIDEO #4 HIPS&GLUTES	LEVEL 2 VIDEO #1 THE CORE	LEVEL 2 VIDEO #2 THE MUSCLES	LEVEL 2 VIDEO #3 FOOT&ANKLE	LEVEL 2 VIDEO #4 HIPS&GLUTES	LEVEL 2 STRETCH 1 + 2 WORKOUT 2	REST
WEEK 3	LEVEL 2 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 2 VIDEO #4 HIPS&GLUTES	LEVEL 2 VIDEO #4 HIPS&GLUTES	LEVEL 2 VIDEO #4 HIPS&GLUTES	LEVEL 2 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 2 STRETCH 1 + 2 WORKOUT 3	REST
WEEK 4	LEVEL 2 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 2 STRETCH 1 + WORKOUT 1	LEVEL 2 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 2 STRETCH #1 + WORKOUT #2	LEVEL 2 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 2 STRETCH 1 + 2 WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 3 VIDEO #1 THE CORE	LEVEL 3 VIDEO #2 THE MUSCLES	LEVEL 3 VIDEO #3 FOOT&ANKLE	LEVEL 3 VIDEO #1 THE CORE	LEVEL 3 VIDEO #3 FOOT&ANKLE	LEVEL 3 STRETCH 1 + 3 WORKOUT 1	REST
WEEK 2	LEVEL 3 VIDEO #4 HIPS&GLUTES	LEVEL 3 VIDEO #1 THE CORE	LEVEL 3 VIDEO #2 THE MUSCLES	LEVEL 3 VIDEO #3 FOOT&ANKLE	LEVEL 3 VIDEO #4 HIPS&GLUTES	LEVEL 3 STRETCH #2 + 3 WORKOUT 2	REST
WEEK 3	LEVEL 3 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 3 VIDEO #4 HIPS&GLUTES	LEVEL 3 VIDEO #4 HIPS&GLUTES	LEVEL 3 VIDEO #4 HIPS&GLUTES	LEVEL 3 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 3 STRETCH 1 + 3 WORKOUT 3	REST
WEEK 4	LEVEL 3 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 3 STRETCH 1 + WORKOUT 1	LEVEL 3 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 3 STRETCH 1 + WORKOUT 2	LEVEL 3 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 3 STRETCH 2 + 3 WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 4 VIDEO #1 THE CORE	LEVEL 4 VIDEO #2 THE MUSCLES	LEVEL 4 VIDEO #3 FOOT&ANKLE	LEVEL 4 VIDEO #1 THE CORE	LEVEL 4 VIDEO #3 FOOT&ANKLE	LEVEL 4 STRETCH + WORKOUT 1	REST
WEEK 2	LEVEL 4 VIDEO #4 HIPS&GLUTES	LEVEL 4 VIDEO #1 THE CORE	LEVEL 4 VIDEO #2 THE MUSCLES	LEVEL 4 VIDEO #3 FOOT&ANKLE	LEVEL 4 VIDEO #4 HIPS&GLUTES	LEVEL 4 STRETCH + WORKOUT 2	REST
WEEK 3	LEVEL 4 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 4 VIDEO #4 HIPS&GLUTES	LEVEL 4 VIDEO #4 HIPS&GLUTES	LEVEL 4 VIDEO #4 HIPS&GLUTES	LEVEL 4 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 4 STRETCH + WORKOUT 3	REST
WEEK 4	LEVEL 4 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 4 STRETCH 1 + WORKOUT 1	LEVEL 4 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 4 STRETCH 1 + WORKOUT 2	LEVEL 4 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 4 STRETCH + WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 5 VIDEO #1 THE CORE	LEVEL 5 VIDEO #2 THE MUSCLES	LEVEL 5 VIDEO #3 FOOT&ANKLE	LEVEL 5 VIDEO #1 THE CORE	LEVEL 5 VIDEO #3 FOOT&ANKLE	LEVEL 5 STRETCH + WORKOUT 1	REST
WEEK 2	LEVEL 5 VIDEO #4 HIPS&GLUTES	LEVEL 5 VIDEO #1 THE CORE	LEVEL 5 VIDEO #2 THE MUSCLES	LEVEL 5 VIDEO #3 FOOT&ANKLE	LEVEL 5 VIDEO #4 HIPS&GLUTES	LEVEL 5 STRETCH + WORKOUT 2	REST
WEEK 3	LEVEL 5 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 5 VIDEO #4 HIPS&GLUTES	LEVEL 5 VIDEO #4 HIPS&GLUTES	LEVEL 5 VIDEO #4 HIPS&GLUTES	LEVEL 5 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 5 STRETCH + WORKOUT 3	REST
WEEK 4	LEVEL 5 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 5 STRETCH 1 + WORKOUT 1	LEVEL 5 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 5 STRETCH 1 + WORKOUT 2	LEVEL 5 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 5 STRETCH + WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 6 VIDEO #1 THE CORE	LEVEL 6 VIDEO #2 THE MUSCLES	LEVEL 6 VIDEO #3 FOOT&ANKLE	LEVEL 6 VIDEO #1 THE CORE	LEVEL 6 VIDEO #3 FOOT&ANKLE	LEVEL 6 STRETCH + WORKOUT 1	REST
WEEK 2	LEVEL 6 VIDEO #4 HIPS&GLUTES	LEVEL 6 VIDEO #1 THE CORE	LEVEL 6 VIDEO #2 THE MUSCLES	LEVEL 6 VIDEO #3 FOOT&ANKLE	LEVEL 6 VIDEO #4 HIPS&GLUTES	LEVEL 6 STRETCH + WORKOUT 2	REST
WEEK 3	LEVEL 6 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 6 VIDEO #4 HIPS&GLUTES	LEVEL 6 VIDEO #4 HIPS&GLUTES	LEVEL 6 VIDEO #4 HIPS&GLUTES	LEVEL 6 VIDEO #5 SPINE SHOULDER & NECK	LEVEL 6 STRETCH + WORKOUT 3	REST
WEEK 4	LEVEL 6 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 6 STRETCH 1 + WORKOUT 1	LEVEL 6 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 6 STRETCH 1 + WORKOUT 2	LEVEL 6 YOUR CHOICE INSTRUCTION VIDEO OR REST DAY	LEVEL 6 STRETCH + WORKOUT 3	REST