

# >> GET READY FOR SUMMER <<

S	M	T	W	T	F	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

WO = WORKOUT  
MT = ME-TIME  
IH = HOME ROUTINE > CORE CHALLENGE

## JUNE



MOM IN BALANCE