

10 Day Workout Activity Calendar

DAY	ACTIVITY	MEASUREMENTS	Bonus workout? (check if yes)
1	Get-It-Tight Workout #1	BUST: WAIST: HIPS: Weight:	Arms___ Tummy ___
2	Get-It-Tight Workout #2		Arms___ Tummy ___
3	Get-It-Tight Workout #1		Arms___ Tummy ___
4	Get-It-Tight Workout #2		Arms___ Tummy ___
5	Get-It-Tight Workout #1	BUST: WAIST: HIPS: Weight:	Arms___ Tummy ___
6	Get-It-Tight Workout #2		Arms___ Tummy ___
7	Get-It-Tight Workout #1		Arms___ Tummy ___
8	Get-It-Tight Workout #2		Arms___ Tummy ___
9	Get-It-Tight Workout #1		Arms___ Tummy ___
10	Get-It-Tight Workout #2	BUST: WAIST: HIPS: Weight:	Arms___ Tummy ___

*On days when you add a Blast-The-Fat Target Workout, save the cool down for last

