

Freshly Centered

Pilates. BarreConcept. Fitness. Wellbeing
by Tracy Ward

Goals: CARDIO STRENGTH PILATES FLEXIBILITY

1) Plan your week in advance OR 2) Record what happens each day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Next week's Aim
Week 1								
Week 2								
Week 3								
Week 4								