



**THERE IS NO
ELEVATOR
TO SUCCESS.
YOU HAVE TO
TAKE THE
STAIRS.**



	Week				
	1	2	3	4	5
January					
February					
March					
April					
May					
June					
July					
August					
September					
October					
November					
December					



Key

U = Upper Body Workout

L = Leg/Lower Body Workout

A = Ab Workout

G = Group Fitness Class

C = Cardio

M = Meditation/Soulance Session/Yoga

T = Met with Trainer

✓ = or Keep it simple and put a check mark for any workout

Add or change symbols as needed

Soulance

Soulanceblog.wordpress.com