

THE WELLNESS REVELATION

Workout Calendar *An 8-Week Journey*

NOTE: Download the file & click on each day's title to WATCH THE VIDEO OR LISTEN TO THE PODCAST



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meet Your Trainer	Complete and (If You're in a Group) Turn In Your Action Plan	To Weigh or Not to Weigh	Health Assessment: Stress	Health Assessment: Cardiovascular System	Rest	Rest
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Health Assessment: Strength	Health Assessment: Endurance	Health Assessment: Flexibility	Rest	Health Assessment: Sleep	Health Assessment: Hydration	Rest
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Posture and Alignment Training	Healthy Feet and Ankles, Part 1	Healthy Feet and Ankles, Part 2	Healthy Knees	Rest	Stability Training	Rest
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Mobility Workout	Cardio Dance and Drums Workout	Basic Strength Workout	Rest	Mobility Workout	Podcast Walk	Rest
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Basic Strength Workout Stretch	Cardio Dance and Drums Workout	Total Body Strength Workout	Flexibility Training	Rest: "Be Still and Be Loved" Podcast	Cardio and Strength Workout Stretch	Rest: "Be Still and Be Loved" Podcast

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Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Cardio and Strength Workout Stretch	Cardio Dance and Drums Workout	Flexibility Training	Podcast Workout	Basic Strength Workout/Stretch Stretch	Rest: "Be Still and Be Loved" Podcast	Rest
Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Metabolic Workout (Peak Fitness with Alisa) Stretch	Yoga Fusion	Podcast Workout	Basic Strength Workout	Hip Release Training	Kickboxing Stretch	Rest: "Be Still and Be Loved" Podcast
Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Cardio Dance & Drums Workout Stretch	Basic Strength Workout	Cardio and Strength Workout Stretch	Kickboxing	Yoga Fusion	Metabolic Workout	Rest
Day 57	Fitness Assessment		Before	After	<p>The LORD has done great things for us, and we are filled with joy.</p> <p>—Psalm 126:3</p>	
Reassess Your Health	Resting heart rate		_____	_____		
	Blood pressure (if known)		_____	_____		
	Three-minute step		_____	_____		
	Push-ups		_____	_____		
	Sit-ups		_____	_____		
	Sit and reach		_____	_____		
	Hours of sleep		_____	_____		
	Ounces of water per day		_____	_____		