

# THE 28-DAY

## SIZE DOWN

## CHALLENGE™

Print this calendar to keep track of your progress, and check off each day as you go (including your rest days).

<b>Week 1</b>	<input type="checkbox"/> <b>Day 1</b> Total Body	<input type="checkbox"/> <b>Day 2</b> Strength Aerobics	<input type="checkbox"/> <b>Day 3</b> Abs	<input type="checkbox"/> <b>Day 4</b> Upper Body	<input type="checkbox"/> <b>Day 5</b> Lower Body	<input type="checkbox"/> <b>Day 6</b> Rest	<input type="checkbox"/> <b>Day 7</b> Rest
<b>Week 2</b>	<input type="checkbox"/> <b>Day 8</b> Total Body	<input type="checkbox"/> <b>Day 9</b> Abs and Buns	<input type="checkbox"/> <b>Day 10</b> Lower Body	<input type="checkbox"/> <b>Day 11</b> Upper Body	<input type="checkbox"/> <b>Day 12</b> Strength Aerobics	<input type="checkbox"/> <b>Day 13</b> Rest	<input type="checkbox"/> <b>Day 14</b> Rest
<b>Week 3</b>	<input type="checkbox"/> <b>Day 15</b> Abs	<input type="checkbox"/> <b>Day 16</b> Total Body	<input type="checkbox"/> <b>Day 17</b> Lower Body	<input type="checkbox"/> <b>Day 18</b> Strength Aerobics	<input type="checkbox"/> <b>Day 19</b> Upper Body	<input type="checkbox"/> <b>Day 20</b> Rest	<input type="checkbox"/> <b>Day 21</b> Rest
<b>Week 4</b>	<input type="checkbox"/> <b>Day 22</b> Total Body	<input type="checkbox"/> <b>Day 23</b> Upper Body	<input type="checkbox"/> <b>Day 24</b> Lower Body	<input type="checkbox"/> <b>Day 25</b> Abs and Buns	<input type="checkbox"/> <b>Day 26</b> Total Body	<input type="checkbox"/> <b>Day 27</b> Rest	<input type="checkbox"/> <b>Day 28</b> Total Body