

FAIRY WORKOUT PLAN

SELECT A DAY TO MAKE YOUR REST DAY EACH WEEK AND BLOCK IT OFF

TIP
SCREEN SHOT YOUR
PLAN AND KEEP IN
YOUR PHOTOS FOR
EASY ACCESS OR IT
PRINT OUT AND
PIN ON YOUR WALL
OR FRIDGE

MONDAY

COMPLETED

TUESDAY

COMPLETED

WEDNESDAY

COMPLETED

THURSDAY

COMPLETED

FRIDAY

COMPLETED

SATURDAY

COMPLETED

SUNDAY

COMPLETED

TIP
YOU CAN USE THE
SAME ROUTINE EVERY
WEEK OR CHANGE IT
UP, IT'S UP TO YOU!
BUT REMEMBER
TO FIND A ROUTINE
YOU ENJOY