



MY NAME: _____

		6am - 9am	9am - 12pm	12pm - 3pm	3pm - 6pm	6pm - 9pm
week 1	MON					
	TUES					
	WED					
	THURS					
	FRI					
	SAT					
	SUN					

		6am - 9am	9am - 12pm	12pm - 3pm	3pm - 6pm	6pm - 9pm
week 2	MON					
	TUES					
	WED					
	THURS					
	FRI					
	SAT					
	SUN					



NOTE: During the first 2 weeks don't go too hard too early, work into your programme making sure you warm up and stretch before any exercise



	6am - 9am	9am - 12pm	12pm - 3pm	3pm - 6pm	6pm - 9pm
week 3 MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					

	6am - 9am	9am - 12pm	12pm - 3pm	3pm - 6pm	6pm - 9pm
week 4 MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					



NOTE: This is a tough time, these 2 weeks are the most important so so don't drop your work load and it should be coming easier. Keep up the great work!

	6am - 9am	9am - 12pm	12pm - 3pm	3pm - 6pm	6pm - 9pm
week 5 MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					

	6am - 9am	9am - 12pm	12pm - 3pm	3pm - 6pm	6pm - 9pm
week 6 MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					



NOTE: Well Done! You are on the home straight, not long to go so keep working hard and grab a friend to help you through your final days at the finish line.



CONGRATULATIONS!!!
YOU DID IT!!

NOW POST US A COPY OF YOUR COMPLETED DIARY FOR YOUR CHANCE TO WIN SOME FANTASTIC PRIZES!