



21 Day MASTER PLAN

Workout Log



Day 1-9

Day 10-18

Day 19-21

How to track your activity daily.

1.) write " I did it ," in the rectangle

2.) check off the box

3.) log it daily in your app

4.) add post workout photo to group

Daily Success Routine (DSR)

• Main workout (In App)

• 2 miles

• 8 minute abdominals

• *Bonus round (if on this level)