

# 10 WEEKS TO A BETTER BODY PROGRAM CALENDAR

**FITNESS TO GO.COM**

CELEBRITY WORKOUTS FOR 'EVERY BODY'.

	WEEK 1 <input type="checkbox"/>	WEEK 2 <input type="checkbox"/>	WEEK 3 <input type="checkbox"/>	WEEK 4 <input type="checkbox"/>	WEEK 5 <input type="checkbox"/>	WEEK 6 <input type="checkbox"/>	WEEK 7 <input type="checkbox"/>	WEEK 8 <input type="checkbox"/>	WEEK 9 <input type="checkbox"/>	WEEK 10 <input type="checkbox"/>
<b>MONDAY</b>  Completed: <input type="checkbox"/>	<b>Core-to-go</b> Walk 15 mins 	<b>Travel-to-go</b> Walk 15 mins 	<b>Fat-burner</b> audio 	<b>Core-to-go</b> Walk 20 mins 	<b>Fat-burner</b> audio 	<b>Yoga-to-go</b> Walk 20 mins 	<b>Fat-burner</b> audio 	<b>Travel-to-go</b> Walk 30 mins 	<b>Core-to-go</b> Walk 30 mins 	<b>Fat-burner</b> audio 
<b>TUESDAY</b>  Completed: <input type="checkbox"/>	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 	<b>Travel-to-go</b> Walk 15 mins 	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 	<b>Travel-to-go</b> Walk 30 mins 	<b>Core-to-go</b> Walk 30 mins 	<b>Fat-burner</b> audio 	<b>Yoga-to-go</b> Walk 30 mins 	<b>Core-to-go</b> Walk 30 mins 
<b>WEDNESDAY</b>  Completed: <input type="checkbox"/>	<b>Fat-burner</b> audio 	<b>Core-to-go</b> Walk 15 mins 	<b>Fat-burner</b> audio 	<b>Yoga-to-go</b> Walk 20 mins 	<b>Travel-to-go</b> Walk 20 mins 	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 
<b>THURSDAY</b>  Completed: <input type="checkbox"/>	<b>Yoga-to-go</b> Walk 15 mins 	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 	<b>Fat-burner</b> audio 	<b>Yoga-to-go</b> Walk 20 mins 	<b>Fat-burner</b> audio 	<b>Travel-to-go</b> Walk 30 mins 	<b>Core-to-go</b> Walk 30 mins 	<b>Fat-burner</b> audio 	<b>Travel-to-go</b> Walk 30 mins 
<b>FRIDAY</b>  Completed: <input type="checkbox"/>	<b>Travel-to-go</b> Walk 15 mins 	<b>Yoga-to-go</b> Walk 30 mins 	<b>Core-to-go</b> Walk 15 mins 	<b>Travel-to-go</b> Walk 20 mins 	<b>Core-to-go</b> Walk 20 mins 	<b>Core-to-go</b> Walk 30 mins 	<b>Yoga-to-go</b> Walk 30 mins 	<b>Yoga-to-go</b> Walk 30 mins 	<b>Travel-to-go</b> Walk 30 mins 	<b>Core-to-go</b> Walk 30 mins 
<b>SATURDAY</b>  Completed: <input type="checkbox"/>	<b>Fat-burner</b> audio 	<b>rest</b>	<b>Yoga-to-go</b> Walk 30 mins 	<b>rest</b>	<b>Fat-burner</b> audio 	<b>Yoga-to-go</b> Walk 30 mins 	<b>rest</b>	<b>Travel-to-go</b> Walk 30 mins 	<b>Yoga-to-go</b> Walk 30 mins 	<b>rest</b>
<b>SUNDAY</b>  Completed: <input type="checkbox"/>	<b>rest</b>	<b>Core-to-go</b> Walk 15 mins 	<b>rest</b>	<b>Core-to-go</b> Walk 20 mins 	<b>rest</b>	<b>rest</b>	<b>Core-to-go</b> Walk 30 mins 	<b>rest</b>	<b>rest</b>	<b>Yoga-to-go</b> Walk 30 mins 