



Workout Checklist



| | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|----------------|-------|-------|---------|---------|-------|-------|-------|
| Daily Steps | 9500 | 8000 | 9000 | 8000 | 8200 | 9800 | 6000 |
| Hydration | 64 oz | 64 oz | 68 oz | 64 oz | 68 oz | 70 oz | 68 oz |
| Sleep | 8 hrs | 8 hrs | 7.5 hrs | 8.5 hrs | 7 hrs | 8 hrs | 9 hrs |
| Daily Calories | 1800 | 1800 | 1800 | 1700 | 1700 | 1850 | 2000 |

Monday

Arms

- Stretch
- 20 mins cardio
- Arm exercises
- Meditate
- Hydrate

Tuesday

Yoga

- Stretch
- 20 mins cardio
- Yoga
- Meditate
- Hydrate

Wednesday

Cardio

- Stretch
- 20 mins cardio
- Cardio exercises
- Meditate
- Hydrate

Thursday

Core

- Stretch
- 20 mins cardio
- Core exercises
- Meditate
- Hydrate

Friday

Back

- Stretch
- 20 mins cardio
- Back exercises
- Meditate
- Hydrate

Saturday

Legs

- Stretch
- 20 mins cardio
- Leg exercises
- Meditate
- Hydrate

Sunday

Rest Day

- Self-care
- Hydrate
- Meal prep
- Meditate
- Plan for the week

Kit Organically Best Way To Home Workout Routine Checklist PDF For

Trish Sullivan Vanni, Joyce Donahue

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