



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

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Sabine Zange



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