



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
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Upload your Food Journal using the "upload" link in your email.
Stephanie M., R.D., will review and return to you by the beginning of week three.

Week 1	SCULPT Lower Body	WALK	BURN Core and Upper Body	WALK	FUNCTIONAL CIRCUIT Full Body and Cardio	WALK
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Download your one week Anti-Inflammatory Meal Plan. You'll be following this during week two.

Week 2	BURN Lower Body MINI Rolling	WALK	BURN OR BURN + CARDIO Core and Upper Body OR Core and Upper Body + Cardio	WALK	FUNCTIONAL CIRCUIT Full Body	WALK
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Download your Food Journal review (this came directly to your email) and apply those habits to week three.

Week 3	SCULPT Core and Upper Body	WALK	BURN Lower Body	WALK	FUNCTIONAL CIRCUIT Full Body and Cardio	WALK
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Upload your final results using the link found in your email. Thank you for being a part of the focus group!

OPTIONAL Week 4	BURN Core and Upper Body	WALK	BURN OR BURN + CARDIO Lower Body Lower Body + Cardio	WALK	FUNCTIONAL CIRCUIT Full Body	WALK
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Alternate your workout days with walking days. Choose from a 40 minute walk or set a daily goal of 5,000+ steps.