

MONTH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	CARDIO CHALLENGE Take your "Day 1" pics & stats MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA POWER MAX OUT: <input type="text"/> min <input type="text"/> sec	SWEAT INTERVALS* MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA POWER MAX OUT: <input type="text"/> min <input type="text"/> sec	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min <input type="text"/> sec	REST OR PULSE (OPTIONAL) MAX OUT: <input type="text"/> min <input type="text"/> sec	REST
WEEK 2	CARDIO CHALLENGE MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA POWER MAX OUT: <input type="text"/> min <input type="text"/> sec	SWEAT INTERVALS* MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA POWER MAX OUT: <input type="text"/> min <input type="text"/> sec	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min <input type="text"/> sec	REST OR PULSE (OPTIONAL) MAX OUT: <input type="text"/> min <input type="text"/> sec	REST
WEEK 3	CARDIO CHALLENGE MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA STRENGTH MAX OUT: <input type="text"/> min <input type="text"/> sec	SWEAT INTERVALS* MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA STRENGTH MAX OUT: <input type="text"/> min <input type="text"/> sec	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min <input type="text"/> sec	REST OR PULSE (OPTIONAL) MAX OUT: <input type="text"/> min <input type="text"/> sec	REST
WEEK 4	CARDIO CHALLENGE MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA STRENGTH MAX OUT: <input type="text"/> min <input type="text"/> sec	SWEAT INTERVALS* MAX OUT: <input type="text"/> min <input type="text"/> sec	TABATA STRENGTH MAX OUT: <input type="text"/> min <input type="text"/> sec	FRIDAY FIGHT: ROUND 1 MAX OUT: <input type="text"/> min <input type="text"/> sec	REST OR PULSE (OPTIONAL) MAX OUT: <input type="text"/> min <input type="text"/> sec	REST Take your "Day 30" pics & stats

*If you have the SWEAT FEST DVD, you can use it in place of SWEAT INTERVALS anywhere it appears on the calendar.