



SHINE - FULL BODY FAT BURN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	<input type="checkbox"/> MORNING STRETCH ⑪ #544 <input type="checkbox"/> FEEL YOUR BEST ⑫ #499 <input type="checkbox"/> SHINE-FLAT ABS ⑪ #560 memo	<input type="checkbox"/> FEEL GOOD ⑪ #550 <input type="checkbox"/> BEST FIT-SLIM LEG ⑩ #493 <input type="checkbox"/> SLIM BACK ⑧ #505	<input type="checkbox"/> WAKE UP STRETCH ⑬ #497 <input type="checkbox"/> BURNING FLOW ⑬ #512 <input type="checkbox"/> RISE-FAT BURN ⑩ #531	Rest or Free	<input type="checkbox"/> MORNING FLOW ⑩ #461 <input type="checkbox"/> RISE-TINY WAIST ⑩ #530 <input type="checkbox"/> SHINE-BOOTY PUMP ⑪ #561	<input type="checkbox"/> MORNING STRETCH ⑪ #522 <input type="checkbox"/> ENERGY FLOW ⑱ #540 <input type="checkbox"/> SHINE-FLAT ABS ⑪ #560	<input type="checkbox"/> MORNING YOGA ⑫ #538 <input type="checkbox"/> FEEL YOUR BEST ⑪ #553 <input type="checkbox"/> BEST FIT-FULL BODY ⑩ #494
Week 2	Rest or Free	<input type="checkbox"/> ROUNDED SHOULDER ⑪ #509 <input type="checkbox"/> SHINE-ARM & BACK ⑪ #562 <input type="checkbox"/> SHINE-BOOTY PUMP ⑪ #561 memo	<input type="checkbox"/> FORWARD BEND ⑧ #511 <input type="checkbox"/> FAT BURN ⑱ #554 <input type="checkbox"/> LOWER ABS ⑦ #520	<input type="checkbox"/> STRETCH FLOW ⑪ #545 <input type="checkbox"/> SHINE-TINY WAIST ⑪ #563 <input type="checkbox"/> BEST FIT-ULTIMATE BOOTY ⑩ #491	Rest or Free	<input type="checkbox"/> MORNING YOGA ⑩ #479 <input type="checkbox"/> SHINE-ARM & BACK ⑪ #562 <input type="checkbox"/> RISE - ABS ⑩ #526	<input type="checkbox"/> MORNING YOGA ⑬ #264 <input type="checkbox"/> SHINE-TINY WAIST ⑪ #563 <input type="checkbox"/> SHINE-BOOTY PUMP ⑪ #561
Week 3	<input type="checkbox"/> MIDDLE SPLIT ⑫ #510 <input type="checkbox"/> SHINE-SLIM LEG ⑪ #564 <input type="checkbox"/> SHINE-FLAT ABS ⑪ #560 memo	Rest or Free	<input type="checkbox"/> DAILY STRETCH ⑦ #485 <input type="checkbox"/> FULL BODY YOGA ⑱ #536 <input type="checkbox"/> BEST FIT-FULL BODY ⑩ #494	<input type="checkbox"/> BEAUTY BONE ⑨ #515 <input type="checkbox"/> ENERGY FLOW ⑱ #540 <input type="checkbox"/> SHINE-FAT BURN ⑪ #565	<input type="checkbox"/> FLEXIBLE FLOW ⑰ #519 <input type="checkbox"/> SHINE-SLIM LEG ⑪ #564 <input type="checkbox"/> SLIM WAIST ⑥ #558	Rest or Free	<input type="checkbox"/> STRETCH FLOW ⑪ #545 <input type="checkbox"/> SHINE-ARM & BACK ⑪ #562 <input type="checkbox"/> BEST FIT-FAT BURN ⑩ #495
Week 4	<input type="checkbox"/> MORNING STRETCH ⑪ #544 <input type="checkbox"/> WEIGHT LOSS YOGA ⑮ #472 <input type="checkbox"/> SHINE-FAT BURN ⑪ #565 memo	<input type="checkbox"/> FEEL YOUR BEST ⑫ #499 <input type="checkbox"/> SHINE-TINY WAIST ⑪ #563 <input type="checkbox"/> RISE-BUTT LIFT ⑩ #529	Rest or Free	<input type="checkbox"/> FEEL GOOD ⑪ #550 <input type="checkbox"/> SHINE-SLIM LEG ⑪ #564 <input type="checkbox"/> BEST FIT-ABS ⑩ #490	<input type="checkbox"/> MORNING YOGA ⑦ #369 <input type="checkbox"/> FAT BURN ⑱ #554 <input type="checkbox"/> SHINE-FAT BURN ⑪ #565	<input type="checkbox"/> MORNING FLOW ⑪ #548 <input type="checkbox"/> BEST FIT-SEXY BACK ⑩ #492 <input type="checkbox"/> RISE-FAT BURN ⑩ #531	Well Done!



HOW TO USE CALENDAR

