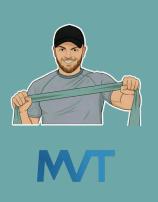
MY VIRTUAL TRAINER MOVEMENT PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

There's no right or wrong way to fill this in. Fill in what you do, or leave it blank when having a rest!

