

WEEKLY REPORT

Juan del Pueblo
Feb 6 to Feb 12



150 MINUTES

TOTAL TIME ENGAGED

Time was spent in ab, HIIT, and cardio workouts.

4/7

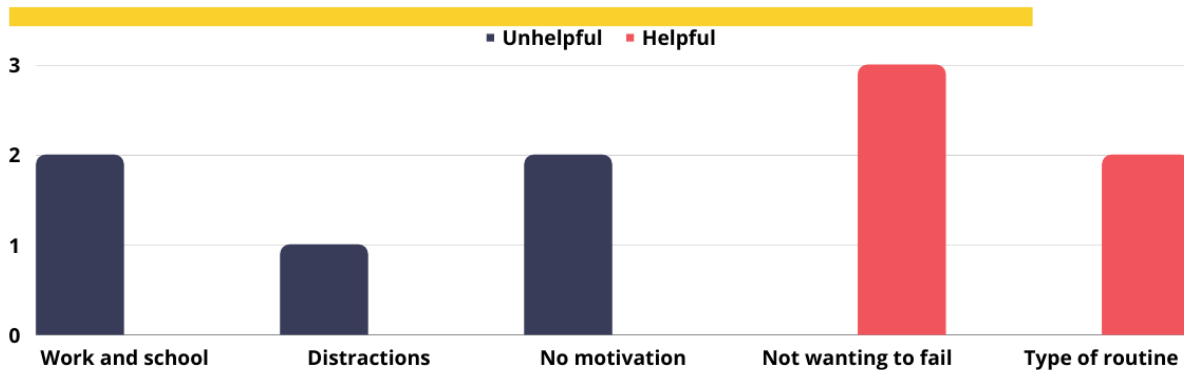
DAYS ENGAGED

Monday, Tuesday, Friday, and Saturday

HIGHLIGHT OF THE WEEK

Was very energized after Tuesday's HIIT cardio.

INFLUENTIAL FACTORS FREQUENCY



SUGGESTIONS FOR SUCCESS

You did great! Keep paying attention to factors that increase and decrease your motivation. Try to identify a routine that excites you. Find a rhythm that can help you feel accomplished, not stressed. Trust the process and remember that step in the right direction, no matter how small, is valuable progress.