

A cartoon illustration of a woman with brown hair in a ponytail, wearing a yellow sports bra and teal leggings with a pink stripe. She is smiling and lifting two black dumbbells with her arms bent at the elbows. She is wearing blue sneakers. The background is white.

Week: _____

If You Complete 5 day, reward yourself with

Breakfast: _____

Launch: _____

Dinner: _____

Duration
