

*Remember Your Goals! Why are you committing to becoming Autoimmune Strong?
LET YOUR GOALS MOTIVATE YOU!*

GOALS: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 CORE	LEVEL 1 CORE	REST	LEVEL 1 MUSCLES	LEVEL 1 CORE	LEVEL 1 MUSCLES	REST
WEEK 2	LEVEL 1 FOOT/ANKLE	LEVEL 1 CORE	LEVEL 1 MUSCLES	REST	LEVEL 1 FOOT/ANKLE	LEVEL 1 STRETCH + WORKOUT 1	REST
WEEK 3	LEVEL 1 HIPS & GLUTES	LEVEL 1 FOOT/ANKLE	LEVEL 1 CORE	REST	LEVEL 1 MUSCLES	LEVEL 1 STRETCH + WORKOUT 2	REST
WEEK 4	LEVEL 1 SPINE, SHOULDER & NECK	LEVEL 1 HIPS & GLUTES	LEVEL 1 CORE	REST	LEVEL 1 FOOT/ANKLE	LEVEL 1 STRETCH + WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 1 CORE + MUSCLES	LEVEL 1 MUSCLES + FOOT/ANKLE	LEVEL 1 MUSCLES + HIPS/GLUTES	REST	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK	LEVEL 1 STRETCH + WORKOUT 1	REST
WEEK 2	LEVEL 1 CORE + MUSCLES	LEVEL 1 MUSCLES + FOOT/ANKLE	LEVEL 1 MUSCLES + HIPS/GLUTES	REST	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK	LEVEL 1 STRETCH + WORKOUT 2	REST
WEEK 3	LEVEL 1 CORE + MUSCLES	LEVEL 1 MUSCLES + FOOT/ANKLE	LEVEL 1 MUSCLES + HIPS/GLUTES	REST	LEVEL 1 MUSCLES + SPINE, SHOULDERS & NECK	LEVEL 1 STRETCH + WORKOUT 3	REST
WEEK 4	LEVEL 2 CORE	LEVEL 2 CORE	REST	LEVEL 2 MUSCLES	LEVEL 2 CORE	LEVEL 2 MUSCLES	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 2 FOOT/ANKLE	LEVEL 2 CORE	LEVEL 2 MUSCLES	REST	LEVEL 2 FOOT/ANKLE	LEVEL 2 STRETCH + WORKOUT 1	REST
WEEK 2	LEVEL 2 HIPS/GLUTES	LEVEL 2 FOOT/ANKLE	LEVEL 2 CORE	REST	LEVEL 2 MUSCLES	LEVEL 2 STRETCH + WORKOUT 2	REST
WEEK 3	LEVEL 2 SPINE, SHOULDERS & NECK	LEVEL 2 HIPS/GLUTES	LEVEL 2 CORE	REST	LEVEL 2 FOOT/ANKLE	LEVEL 2 STRETCH + WORKOUT 3	REST
WEEK 4	LEVEL 2 CORE + MUSCLES	LEVEL 2 MUSCLES + FOOT/ANKLE	LEVEL 2 MUSCLES + HIPS/GLUTES	REST	LEVEL 2 MUSCLES + SPINE, SHOULDERS & NECK	LEVEL 2 STRETCH 1 + 2 WORKOUT 1	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 2 CORE + MUSCLES	LEVEL 2 MUSCLES + FOOT/ANKLE	LEVEL 2 MUSCLES + HIPS/GLUTES	REST	LEVEL 2 MUSCLES + SPINE, SHOULDERS & NECK	LEVEL 2 STRETCH 1 + 2 WORKOUT 2	REST
WEEK 2	LEVEL 2 CORE + MUSCLES	LEVEL 2 MUSCLES + FOOT/ANKLE	LEVEL 2 MUSCLES + HIPS/GLUTES	REST	LEVEL 2 MUSCLES + SPINE, SHOULDERS & NECK	LEVEL 2 STRETCH 1 + 2 WORKOUT 3	REST
WEEK 3	LEVEL 3 CORE	LEVEL 3 CORE	REST	LEVEL 3 MUSCLES	LEVEL 3 CORE	LEVEL 3 STRETCH #3 + MUSCLES	REST
WEEK 4	LEVEL 3 FOOT/ANKLE	LEVEL 3 CORE	LEVEL 3 MUSCLES	REST	LEVEL 3 FOOT/ANKLE	LEVEL 3 STRETCH #3 + WORKOUT 1	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 3 HIPS/GLUTES	LEVEL 3 FOOT/ANKLE	LEVEL 3 CORE	REST	LEVEL 1 MUSCLES	LEVEL 3 STRETCH #3 + WORKOUT 2	REST
WEEK 2	LEVEL 3 SPINE, SHOULDERS, & NECK	LEVEL 3 HIPS/GLUTES	LEVEL 3 CORE	REST	LEVEL 3 FOOT/ANKLE	LEVEL 3 STRETCH 1 + 2 WORKOUT 3	REST
WEEK 3	LEVEL 3 CORE + MUSCLES	LEVEL 3 MUSCLES + FOOT/ANKLE	LEVEL 3 MUSCLES + HIPS/GLUTES	REST	LEVEL 3 MUSCLES + SPINE, SHOULDER & NECK	LEVEL 3 STRETCH 1 + 3 WORKOUT 1	REST
WEEK 4	LEVEL 3 CORE + MUSCLES	LEVEL 3 MUSCLES + FOOT/ANKLE	LEVEL 3 MUSCLES + HIPS/GLUTES	REST	LEVEL 3 MUSCLES + SPINE, SHOULDER & NECK	LEVEL 3 STRETCH 1 + 2 WORKOUT 2	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 3 CORE + MUSCLES	LEVEL 3 MUSCLES + FOOT/ANKLE	LEVEL 3 MUSCLES + HIPS/GLUTES	REST	LEVEL 3 MUSCLES + SPINE, SHOULDER & NECK	LEVEL 3 STRETCH 1 + 3 WORKOUT 3	REST
WEEK 2	LEVEL 3 STRETCH + WORKOUT 1	LEVEL 3 STRETCH + WORKOUT 2	LEVEL 3 STRETCH + WORKOUT 3	REST	LEVEL 3 STRETCH + WORKOUT 1	LEVEL 3 STRETCH 1 + 2 WORKOUT 2	REST
WEEK 3	LEVEL 3 STRETCH + WORKOUT 1	LEVEL 3 STRETCH + WORKOUT 2	LEVEL 3 STRETCH + WORKOUT 3	REST	LEVEL 3 STRETCH + WORKOUT 3	LEVEL 3 STRETCH 1 + 3 WORKOUT 1	REST
WEEK 4	LEVEL 3 STRETCH + WORKOUT 1	LEVEL 3 STRETCH + WORKOUT 2	LEVEL 3 STRETCH + WORKOUT 3	REST	LEVEL 3 STRETCH + WORKOUT 2	LEVEL 3 STRETCH 1 + 3 WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 4 CORE	LEVEL 4 CORE	REST	LEVEL 4 MUSCLES	LEVEL 4 CORE	LEVEL 4 MUSCLES	REST
WEEK 2	LEVEL 4 FOOT/ANKLE	LEVEL 4 CORE	LEVEL 4 MUSCLES	REST	LEVEL 4 FOOT/ANKLE	LEVEL 4 STRETCH + WORKOUT 1	REST
WEEK 3	LEVEL 4 HIPS & GLUTES	LEVEL 4 FOOT/ANKLE	LEVEL 4 CORE	REST	LEVEL 4 MUSCLES	LEVEL 4 STRETCH + WORKOUT 2	REST
WEEK 4	LEVEL 4 SPINE SHOULDER & NECK	LEVEL 4 HIPS & GLUTES	LEVEL 4 CORE	REST	LEVEL 4 FOOT/ANKLE	LEVEL 4 STRETCH + WORKOUT 3	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 4 CORE + MUSCLES	LEVEL 4 MUSCLES + FOOT/ANKLE	LEVEL 4 MUSCLES + HIPS/GLUTES	REST	LEVEL 4 MUSCLES + SPINE SHOLDER & NECK	LEVEL 4 STRETCH + WORKOUT 1	REST
WEEK 2	LEVEL 4 CORE + MUSCLES	LEVEL 4 MUSCLES + FOOT/ANKLE	LEVEL 4 MUSCLES + HIPS/GLUTES	REST	LEVEL 4 MUSCLES + SPINE SHOLDER & NECK	LEVEL 4 STRETCH + WORKOUT 2	REST
WEEK 3	LEVEL 4 CORE + MUSCLES	LEVEL 4 MUSCLES + FOOT/ANKLE	LEVEL 4 MUSCLES + HIPS/GLUTES	REST	LEVEL 4 MUSCLES + SPINE SHOLDER & NECK	LEVEL 4 STRETCH + WORKOUT 3	REST
WEEK 4	LEVEL 5 CORE	LEVEL 5 CORE	REST	LEVEL 5 MUSCLES	LEVEL 5 CORE	LEVEL 5 MUSCLES	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 5 FOOT/ANKLE	LEVEL 5 CORE	LEVEL 5 MUSCLES	REST	LEVEL 5 FOOT/ANKLE	LEVEL 5 STRETCH + WORKOUT 1	REST
WEEK 2	LEVEL 5 HIPS & GLUTES	LEVEL 5 FOOT/ANKLE	LEVEL 5 CORE	REST	LEVEL 5 MUSCLES	LEVEL 5 STRETCH + WORKOUT 2	REST
WEEK 3	LEVEL 5 SPINE SHOULDER & NECK	LEVEL 5 HIPS & GLUTES	LEVEL 5 CORE	REST	LEVEL 5 FOOT/ANKLE	LEVEL 5 STRETCH + WORKOUT 3	REST
WEEK 4	LEVEL 5 CORE + MUSCLES	LEVEL 5 MUSCLES + FOOT/ANKLE	LEVEL 5 MUSCLES + HIPS & GLUTES	REST	LEVEL 5 MUSCLES + SPINE SHOULDER & NECK	LEVEL 5 STRETCH + WORKOUT 1	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 5 CORE + MUSCLES	LEVEL 5 MUSCLES + FOOT/ANKLE	LEVEL 5 MUSCLES + HIPS/GLUTES	REST	LEVEL 5 MUSCLES + SPINE SHOLDER & NECK	LEVEL 5 STRETCH + WORKOUT 2	REST
WEEK 2	LEVEL 5 CORE + MUSCLES	LEVEL 5 MUSCLES + FOOT/ANKLE	LEVEL 5 MUSCLES + HIPS/GLUTES	REST	LEVEL 5 MUSCLES + SPINE SHOLDER & NECK	LEVEL 5 STRETCH + WORKOUT 3	REST
WEEK 3	LEVEL 6 CORE	LEVEL 6 CORE	REST	LEVEL 6 MUSCLES	LEVEL 6 CORE	LEVEL 6 STRETCH + MUSCLES	REST
WEEK 4	LEVEL 6 FOOT/ANKLE	LEVEL 6 CORE	LEVEL 6 MUSCLES	REST	LEVEL 6 FOOT/ANKLE	LEVEL 6 STRETCH + WORKOUT 1	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 6 HIPS/GLUTES	LEVEL 6 FOOT/ANKLE	LEVEL 6 CORE	REST	LEVEL 6 MUSCLES	LEVEL 6 STRETCH + WORKOUT 2	REST
WEEK 2	LEVEL 6 SPINE SHOULDER & NECK	LEVEL 6 HIPS/GLUTES	LEVEL 6 CORE	REST	LEVEL 6 FOOT/ANKLE	LEVEL 6 STRETCH + WORKOUT 3	REST
WEEK 3	LEVEL 6 CORE + MUSCLES	LEVEL 6 MUSCLES + FOOT/ANKLE	LEVEL 6 MUSCLES + HIPS & GLUTES	REST	LEVEL 6 MUSCLES + SPINE SHOULDER & NECK	LEVEL 6 STRETCH + WORKOUT 1	REST
WEEK 4	LEVEL 6 CORE + MUSCLES	LEVEL 6 MUSCLES + FOOT/ANKLE	LEVEL 6 MUSCLES + HIPS & GLUTES	REST	LEVEL 6 MUSCLES + SPINE SHOULDER & NECK	LEVEL 6 STRETCH + WORKOUT 2	REST

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1	LEVEL 6 CORE + MUSCLES	LEVEL 6 MUSCLES + FOOT/ANKLE	LEVEL 6 MUSCLES + HIPS/GLUTES	REST	LEVEL 6 MUSCLES + SPINE, SHOULDER & NECK	LEVEL 6 STRETCH + WORKOUT 3	REST
WEEK 2	LEVEL 6 STRETCH & WORKOUT 1	LEVEL 6 STRETCH & WORKOUT 2	LEVEL 6 STRETCH & WORKOUT 3	REST	LEVEL 6 STRETCH + WORKOUT 1	LEVEL 6 STRETCH & WORKOUT 2	REST
WEEK 3	LEVEL 6 STRETCH & WORKOUT 1	LEVEL 6 STRETCH & WORKOUT 2	LEVEL 6 STRETCH + WORKOUT 3	REST	LEVEL 6 STRETCH & WORKOUT 3	LEVEL 6 STRETCH & WORKOUT 1	REST
WEEK 4	LEVEL 6 STRETCH & WORKOUT 1	LEVEL 6 STRETCH & WORKOUT 2	LEVEL 6 STRETCH & WORKOUT 3	REST	LEVEL 6 STRETCH & WORKOUT 2	LEVEL 6 STRETCH & WORKOUT 3	REST