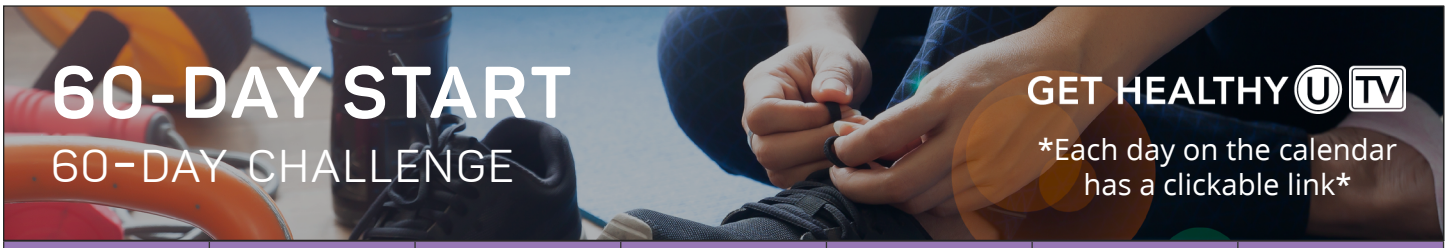

60-DAY START

60-DAY CHALLENGE

GET HEALTHY U TV

Each day on the calendar has a clickable link

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Powered By biPro		Start Eating Naturally Detoxifying Foods	Tabata Interval Workout	Start Sleeping Well	Bodyweight Workout	Stop Eating Added Sugar
DAY 6	**DAY 7**	**DAY 8**	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**
Indoor Walking Workout	Start a Gratitude Journal	Lower Body Exercise	Start Drinking More Water	Barre Core Workout	Start Cooking with a Plan	Total Body Stretch
DAY 13	**DAY 14**	**DAY 15**	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**
GOLD Low Impact Fusion 2	Tabata Bodyweight Workout	Start Eating Alkaline Foods	Cardio Kickboxing 2	Start Foam Rolling	Upper Body HIIT Workout	Stop Relying on Caffeine for Energy
DAY 20	**DAY 21**	**DAY 22**	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**
Cardio Circuit	Start Meditating	Pilates Yoga Fusion	Start Drinking Smoothies	Abs and Glutes Workout	Start Cooking with Your Slow Cooker	Mini 10-Minute Circuit Workout
DAY 27	**DAY 28**	**DAY 29**	**DAY 30**	**DAY 31**	**DAY 32**	**DAY 33**
GOLD Metabolic Conditioning 1	Towel Pyramid Workout	Start Eating Bloat Fighting Foods	Upper Body Workout for Beginners	Start Counting Macros	Back, Bicep and Tricep Workout	Stop Stress
DAY 34	**DAY 35**	**DAY 36**	**DAY 37**	**DAY 38**	**DAY 39**	**DAY 40**
No Running Cardio Workout	Start Loving Your Body	Vinyasa Flow Yoga Sequence	Start Drinking Apple Cider Vinegar	Pilates Abs Workouts	Start Cooking Sheet Pan Dinners	Butt and Thigh Workout
DAY 41	**DAY 42**	**DAY 43**	**DAY 44**	**DAY 45**	**DAY 46**	**DAY 47**
GOLD 40-30-20 HIIT Workout	Low-Impact Circuit Workout	Start Eating Fermented Foods	Medicine Ball Workout	Start Reducing Your Sodium	Chest and Shoulder Workout at Home	Stop Sitting so Much
DAY 48	**DAY 49**	**DAY 50**	**DAY 51**	**DAY 52**	**DAY 53**	**DAY 54**
Low-Impact Interval Workout	Start Taking Time to Relax	Total Body Stretch 2	Start Drinking Tea	Power Pilates Core Workout	Start Cooking Buddha Bowls	Low Back Pain Relief
DAY 55	**DAY 56**	**DAY 57**	**DAY 58**	**DAY 59**	**DAY 60**	
GOLD Cardio + Core Burner 2	Chest and Shoulder Workout	Start Eating Metabolism Boosting Foods	Barre Strength Workout	Start Waking Up Earlier	Total Body Firm Up	