

DAY 20—ACTIVE REST AND RECOVERY

EXERCISE	SETS/REPS	COMMENT
Cardio	25 Minutes <input type="checkbox"/>	Steady-state upon waking
Cardio	35 Minutes <input type="checkbox"/>	Steady-state later in the day or in the evening; Make sure to split your 2 cardio sessions.

DAY 21—ACTIVE REST AND REEVALUATE

EXERCISE	SETS/REPS	COMMENT
Cardio	25 Minutes <input type="checkbox"/>	Steady-state upon waking
Cardio	35 Minutes <input type="checkbox"/>	Steady-state later in the day or in the evening; Make sure to split your 2 cardio sessions.

WEEKLY CHECK-IN

- Weigh yourself upon rising
- Take photos of yourself
- Make sure your journal is up to date

NOTES
