

DAY 62—ACTIVE REST AND RECOVERY

EXERCISE	SETS/REPS	COMMENT
Cardio	60 minutes	Remember to separate the two cardio sessions by several hours minimum.
Cardio	60 minutes	

DAY 63—ACTIVE REST AND REEVALUATE

EXERCISE	SETS/REPS	COMMENT
Cardio	60 minutes	Remember to separate the two cardio sessions by several hours.
Cardio	60 minutes	

WEEKLY CHECK-IN

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

NOTES:
