

## BACK TO FITNESS: 5 DAYS AT A GLANCE

The following five days are designed to give you the tools and knowledge to kick start your way Back to Fitness, health and happiness.

Here is your **OVERVIEW** with clickable links so you can see what's coming at a glance....

Day 1	Day 2	Day 3	Day 4	Day 5
<b><u>MOVE</u></b>	<b><u>EAT</u></b>	<b><u>STRONG</u></b>	<b><u>MINDSET</u></b>	<b><u>DE-STRESS &amp; STRETCH</u></b>
FAT BURNING HIIT WORKOUT	NUTRITIONAL GUIDANCE	FULL BODY RESISTANCE WORKOUT	TOOLS TO MOTIVATE & ACCELERATE SUCCESS	VITAL SELF CARE & STRESS MANAGEMENT TOOL

### FIVE DAY MEAL PLAN

Female

Male