

Module 44: ~The Floor Plan~ - BONUS Worksheet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Start HERE ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	2 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	3 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	4 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	5 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	6 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	7 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose
8 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	9 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	10 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	11 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	12 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	13 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	14 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose
15 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	16 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	17 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	18 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	19 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	20 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	21 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose
22 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	23 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	24 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	25 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	26 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	27 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	28 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose
29 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	30 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose	31 ___ Squeeze and Hold ___ Quick Bursts ___ Cat Cow ___ Balancing Table ___ Boat Pose				