

SWEAT TO SUMMER WEEKLY BONUS CALENDAR

WEEK 1

Add a 30 minute walk into your week.

Focus on eating extra fresh fruits & veggies this week!

WEEK 2

Get active outdoors at least once this week!

Focus on drinking more water this week!

WEEK 3

Opt for the stairs or park a bit further from your destination all week!

Make time to connect with a friend!

WEEK 4

Add a bonus Barreroom workout of your choice!

Practice some self care (long bath, good book, you time!)

WEEK 5

Go for an evening stroll...it's the longest day of the year this week!

Commit to a little less screen time this week!

BONUS GOALS

Choose your own adventure over these 5 weeks and set a few of your own bonus goals!