

MAR

WEEK ONE

MONDAY



Today's Workout:
Barre Elevate

BONUS CHALLENGE

START YOUR WEEK WITH SOME
FRESH AIR - 30 MINUTE
OUTDOOR WALK

TUESDAY



Today's Workout:
Barre Power

BONUS CHALLENGE

COMMIT TO AN HOUR LESS
SCREEN TIME

WEDNESDAY



Today's Workout:
BR HIIT

BONUS CHALLENGE

UP YOUR WATER INTAKE-
WHY NOT GRAB A GLASS NOW

THURSDAY



Today's Workout:
Barre & GO

BONUS CHALLENGE

SHORT WORKOUT TODAY SO
SPEND 30 MINUTES DOING
SOMETHING YOU'VE BEEN
PUTTING OFF

FRIDAY



Today's Workout:
Barre Full Body

BONUS CHALLENGE

CHECK IN WITH A FRIEND -
JUMP ON A CALL, VIRTUAL
WINE/COFFEE DATE ETC.

SATURDAY



Today's Workout
Barre & GO

BONUS CHALLENGE

GET OUTDOORS -
A HIKE, BIKE RIDE
OR EVEN A WALK
AROUND THE BLOCK

SUNDAY



Today's Workout:
Stretch & Unwind

BONUS CHALLENGE

PRACTICE SOME SELF CARE -
TAKE A LONG BATH,
READ A BOOK ETC.

NOTES:

This week I am feeling:

This week I am grateful for:

MAR

WEEK
TWO

MONDAY



Today's Workout:
Barre AAA

BONUS CHALLENGE

TRY A NEW RECIPE

TUESDAY



Today's Workout:
Barre & GO

SPEND AN EXTRA 30 MINS
MEDITATING, BREATHING,
RELAXING (WHATEVER THAT
LOOKS LIKE TO YOU)

WEDNESDAY



Today's Workout
Barre Core

BONUS CHALLENGE

SUPPORT A LOCAL SMALL
BUSINESS (YOU DON'T EVEN
HAVE TO SPEND \$...SOCIAL
MEDIA LIKES/SHARES COUNT)

THURSDAY



Today's Workout
Barre & GO

BONUS CHALLENGE

ADD IN SOME EXTRA EXERCISE
OF YOUR CHOICE - A WALK,
SHORT JOG, STRETCHING, OR
ONE OF OUR 10 MIN TARGETED
SESSIONS

FRIDAY



Today's Workout
Barre Full Body

BONUS CHALLENGE

HAVE YOUR OWN MINI
DANCE PARTY
(DON'T WORRY,
NO ONES WATCHING)

SATURDAY



Today's Workout
BR HIIT

BONUS CHALLENGE

SELF LOVE -TAKE AN EXTRA
LONG SHOWER,
HAVE THE EXTRA COFFEE,
ENJOY A GLASS OF WINE
TREAT YOURSELF!

SUNDAY



Today's Workout
Stretch & Unwind

BONUS CHALLENGE

EXPLORE YOUR CITY...
ENJOY SPRING
AND GET OUTSIDE

NOTES:

YOU DID IT
What changes do you see/feel?

What excites you about this fresh
new Spring season?