



Complete the daily workout.

3 sets of 12 reps per exercise

Write one gratitude note each day.

### MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 Squats &amp; Lunges</b> Grateful for: _____ _____	<b>2 Arms &amp; Abs</b> Grateful for: _____ _____
<b>3 REST DAY</b> Grateful for: _____ _____	<b>4 Cardio &amp; Core</b> Grateful for: _____ _____	<b>5 Low Impact Legs</b> Grateful for: _____ _____	<b>6 Upper Body Blast</b> Grateful for: _____ _____	<b>7 Cardio &amp; Core</b> Grateful for: _____ _____	<b>8 Squats &amp; Lunges</b> Grateful for: _____ _____	<b>9 Arms &amp; Abs</b> Grateful for: _____ _____
<b>10 REST DAY</b> Grateful for: _____ _____	<b>11 Cardio &amp; Core</b> Grateful for: _____ _____	<b>12 Lower Impact Legs</b> Grateful for: _____ _____	<b>13 Upper Body Blast</b> Grateful for: _____ _____	<b>14 Cardio &amp; Core</b> Grateful for: _____ _____	<b>15 Squats &amp; Lunges</b> Grateful for: _____ _____	<b>16 Arms &amp; Abs</b> Grateful for: _____ _____
<b>17 REST DAY</b> Grateful for: _____ _____	<b>18 Cardio &amp; Core</b> Grateful for: _____ _____	<b>19 Lower Impact Legs</b> Grateful for: _____ _____	<b>20 Upper Body Blast</b> Grateful for: _____ _____	<b>21 Cardio &amp; Core</b> Grateful for: _____ _____	<b>22 Squats &amp; Lunges</b> Grateful for: _____ _____	<b>23 Arms &amp; Abs</b> Grateful for: _____ _____
<b>24 REST DAY</b> Grateful for: _____ _____	<b>25 Cardio &amp; Core</b> Grateful for: _____ _____	<b>26 Lower Impact Legs</b> Grateful for: _____ _____	<b>27 Upper Body Blast</b> Grateful for: _____ _____	<b>28 Cardio &amp; Core</b> Grateful for: _____ _____	<b>29 Squats &amp; Lunges</b> Grateful for: _____ _____	<b>30 Arms &amp; Abs</b> Grateful for: _____ _____
<b>31 REST DAY</b> Grateful for: _____ _____						