

MY GOALS

- 1.
- 2.
- 3.



Horse Rider Fitness 21 DAY PLAN



**BEFORE
STATS:**

Wt. Chest Waist Hips
 Body Fat % Thigh Bicep Calf

MON **TUES** **WED** **THURS** **FRI** **SAT** **SUN**

WEEK 1	Cardio Circuit & Bonus Abs <input type="checkbox"/> Done	Upper Body <input type="checkbox"/> Done	Lower Body & Bonus Abs <input type="checkbox"/> Done	Cardio Circuit <input type="checkbox"/> Done	Upper Body & Bonus Abs <input type="checkbox"/> Done	Lower Body <input type="checkbox"/> Done	REST
	Cardio Circuit & Bonus Abs <input type="checkbox"/> Done	Upper Body <input type="checkbox"/> Done	Lower Body & Bonus Abs <input type="checkbox"/> Done	Cardio Circuit <input type="checkbox"/> Done	Upper Body & Bonus Abs <input type="checkbox"/> Done	Lower Body <input type="checkbox"/> Done	REST
	Cardio Circuit & Bonus Abs <input type="checkbox"/> Done	Upper Body <input type="checkbox"/> Done	Lower Body & Bonus Abs <input type="checkbox"/> Done	Cardio Circuit <input type="checkbox"/> Done	Upper Body & Bonus Abs <input type="checkbox"/> Done	Lower Body <input type="checkbox"/> Done	REST

MOTIVATION

What will keep me going when the going gets tough?

REWARD

How will I reward myself for sticking with this?

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