



My premium accountability tracker will give you the drive to:

- ✓ Schedule your workouts in advance so that you are more likely to follow through with them.
- ✓ Track your workouts so that you can push your self each and every time.
- ✓ Write down your progress so that you can finally SEE and FEEL that sense of accomplishment.

All the work is done for you here... all you have to do is plug in your fast, easy and effective Thrive in 5's workouts into my simple weekly calendar and BAM... you kiss your belly fat and muffin top goodbye!

Really if you write your workouts down in this calendar you WILL do them! It's a scientific fact! Research suggests that as far as our brains are concerned, writing something down acts as a kind of mini-version or rehearsal for doing!

Sunday

Scheduled

Completed

Module 1- Arms

☐☐

Module 2- Legs

☐☐

Module 3- Core

☐☐

Module 4- HIIT

☐☐

Module 5- Svelte Flow

☐☐

Monday

Module 1- Arms

☐☐

Module 2- Legs

☐☐

Module 3- Core

☐☐

Module 4- HIIT

☐☐

Module 5- Svelte Flow

☐☐

Tuesday

Module 1- Arms

☐☐

Module 2- Legs

☐☐

Module 3- Core

☐☐

Module 4- HIIT

☐☐

Module 5- Svelte Flow

☐☐

Wednesday

Module 1- Arms

☐☐

Module 2- Legs

☐☐

Module 3- Core

☐☐

Module 4- HIIT

☐☐

Module 5- Svelte Flow

☐☐

Thursday

Scheduled

Completed

Module 1- Arms

☐☐

Module 2- Legs

☐☐

Module 3- Core

☐☐

Module 4- HIIT

☐☐

Module 5- Svelte Flow

☐☐

Friday

Module 1- Arms

☐☐

Module 2- Legs

☐☐

Module 3- Core

☐☐

Module 4- HIIT

☐☐

Module 5- Svelte Flow

☐☐

Saturday

Module 1- Arms

☐☐

Module 2- Legs

☐☐

Module 3- Core

☐☐

Module 4- HIIT

☐☐

Module 5- Svelte Flow

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