

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# SLIM IN 6



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER
WEEK 2	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER	START IT UP! SLIM & 6--PACK SLIM & LIMBER
WEEK 3	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER
WEEK 4	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER	RAMP IT UP! SLIM & 6--PACK SLIM & LIMBER

Join The Exercise Movement at [TheExerciseMovement.com](http://TheExerciseMovement.com)

Make me your FREE coach by emailing me at [CoachTeriMD@gmail.com](mailto:CoachTeriMD@gmail.com)

For daily support and motivation, follow me at [www.Facebook.com/TheExerciseMovement](http://www.Facebook.com/TheExerciseMovement)

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# SLIM IN 6



**THE  
EXERCISE MOVEMENT**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER
WEEK 6	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER	BURN IT UP! SLIM & 6--PACK SLIM & LIMBER

Join The Exercise Movement at [TheExerciseMovement.com](http://TheExerciseMovement.com)  
Make me your FREE coach by emailing me at [CoachTeriMD@gmail.com](mailto:CoachTeriMD@gmail.com)  
For daily support and motivation, follow me at [www.Facebook.com/TheExerciseMovement](http://www.Facebook.com/TheExerciseMovement)