

CDF Deluxe Calendar by JeanieandJoan.com

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
MMA Speed <input type="checkbox"/> Calories Burned: _____	Dynamic Strength <input type="checkbox"/> Calories Burned: _____	MMA Speed <input type="checkbox"/> Calories Burned: _____	Power Sculpt <input type="checkbox"/> Calories Burned: _____	MMA Shred <input type="checkbox"/> Calories Burned: _____	Agility Strength <input type="checkbox"/> Calories Burned: _____	Active Recovery
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
MMA Shred + Core Kinetics <input type="checkbox"/> Calories Burned: _____	Agility Power <input type="checkbox"/> Calories Burned: _____	MMA Kick Butt <input type="checkbox"/> Calories Burned: _____	Dynamic Strength <input type="checkbox"/> Calories Burned: _____	MMA Power <input type="checkbox"/> Calories Burned: _____	Power Sculpt <input type="checkbox"/> Calories Burned: _____	Active Recovery
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
MMA Power + Core Kinetics <input type="checkbox"/> Calories Burned: _____	Agility Strength + 5 Min Core on the Floor <input type="checkbox"/> Calories Burned: _____	MMA Kick Butt + Core Kinetics <input type="checkbox"/> Calories Burned: _____	Agility Power + 5 Min Core on the Floor <input type="checkbox"/> Calories Burned: _____	MMA Plyo <input type="checkbox"/> Calories Burned: _____	Dynamic Strength + 5 Min Core on the Floor <input type="checkbox"/> Calories Burned: _____	Active Recovery

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
MMA Plyo + Core Kinetics	Power Sculpt + 5 Min Core on the Floor	MMA Kick Butt + Core Kinetics	Agility Strength + 5 Min Core on the Floor	MMA Speed + Core Kinetics	MMA Shred + Core Kinetics	Active Recovery
<input type="checkbox"/> Calories Burned: _____	<input type="checkbox"/> Calories Burned: _____	<input type="checkbox"/> Calories Burned: _____	<input type="checkbox"/> Calories Burned: _____	<input type="checkbox"/> Calories Burned: _____	<input type="checkbox"/> Calories Burned: _____	

Day 29 **Day 30** **Before and After Results Tracker:**

MMA Power + Core Kinetics	MMA Plyo + Core Kinetics		
<input type="checkbox"/> Calories Burned: _____	<input type="checkbox"/> Calories Burned: _____	CHEST _____ R. ARM _____ L. ARM _____ WAIST _____ HIPS _____ R. THIGH _____ L. THIGH _____ TOTAL INCHES _____ WEIGHT _____	CHEST _____ R. ARM _____ L. ARM _____ WAIST _____ HIPS _____ R. THIGH _____ L. THIGH _____ TOTAL INCHES _____ WEIGHT _____

