

My PiYo Goals

My health & fitness goals (think strength, endurance, flexibility) are:

- 1.
- 2.
- 3.

My Motivation

What is my motivation & inspiration? Why am I doing PiYo?

My Reward

How will I reward myself when I complete PiYo?

PIYO CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	REST	Define: Lower Body	Define: Upper Body
Week 2	Sweat	Define: Lower Body	Core	Define: Upper Body	REST	Sweat	Core
Week 3	Define: Upper Body	Buns	Core	Define: Lower Body	REST	Sweat	Strength Intervals
Week 4	Sweat	Core or Hardcore on the Floor	Buns	Drench	REST	Strength Intervals	Sweat
Week 5	Sculpt	Sweat	Core	Drench	REST	Buns	Strength Intervals
Week 6	Drench	Core or Hardcore on the Floor	Buns	Sculpt	REST	Drench	Sweat
Week 7	Sculpt	Sweat	Core or Hardcore on the Floor	Buns	REST	Drench	Strength Intervals
Week 8	Drench	Buns	Sweat	Core	REST	Sculpt	Drench

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PIYO STRENGTH CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Align: The Fundamentals	Define: Lower Body	Define: Upper Body	Sweat	REST	Define: Lower Body	Define: Upper Body
Week 2	Sweat	Define: Lower Body	Core	Define: Upper Body	REST	Sweat	Core
Week 3	Define: Upper Body	Buns	Core	Strength Intervals	REST	Sweat	Full Body Blast
Week 4	Strength Intervals	Core or Hardcore on the Floor	Full Body Blast	Drench	REST	Strong Legs	Sweat
Week 5	Full Body Blast	Sweat	Core	Drench	REST	Strong Legs	Sculpt
Week 6	Drench	Core or Hardcore on the Floor	Buns	Strength Intervals	REST	Full Body Blast	Sweat
Week 7	Sculpt	Sweat	Core or Hardcore on the Floor	Strong Legs	REST	Drench	Full Body Blast
Week 8	Drench	Buns or Strong Legs	Sweat	Strength Intervals	REST	Sculpt or Full Body Blast	Drench