

A woman in athletic wear is shown from the waist down, lifting a dumbbell with her right arm. The background is a dark, textured wall. The text is overlaid on the image.

DAY 2
Action
Sheet

FREE
Hot Rockin
Body & Life
5 DAY
Challenge!

ACTION STEPS!

Write down...

- ➡ What are your goals for your workouts?
- ➡ Is your current workout catering for your fitness level, fat loss and your body goals? If not.. get that sorted asap!
- ➡ If so, what style of workouts and exercises are you going to perform?
- ➡ What's the best time of the day for you “energy wise” to carry out your workout?
- ➡ Pick a time and schedule your workout in.
- ➡ Then log your workouts daily for the next week.

ACTION STEPS!

ACTION STEPS!

ACTION STEPS!