

# JANUARY

## FITNESS CALENDAR

**REMINDER:**  
Follow the Coach Barbie Meal Plan  
for best results!

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>QUOTE:</b> "Small steps every day lead to big changes tomorrow."			Crunches for 20 minutes 1	Crunches for 20 minutes 2	(Active Rest): Yoga or stretching for 20 minutes 3	Crunches for 20 minutes 4
Crunches for 20 minutes 5	Crunches for 20 minutes 6	(Active Rest): Walk for 15 minutes or light stretching 7	Crunches for 20 minutes 8	Crunches for 20 minutes 9	Crunches for 20 minutes 10	Crunches for 20 minutes 11
Crunches for 20 minutes 12	Crunches for 20 minutes 13	(Active Rest): Walk for 10 minutes or stretch for 10 minutes 14	Crunches for 20 minutes 15	Crunches for 20 minutes 16	(Active Rest): Walk for 10 minutes or stretch for 10 minutes 17	Crunches for 20 minutes 18
Crunches for 20 minutes 19	Crunches for 20 minutes 20	(Active Rest): Walk for 10 minutes or stretch for 10 minutes 21	Crunches for 20 minutes 22	Crunches for 20 minutes 23	(Active Rest): Walk for 10 minutes or stretch for 10 minutes 24	Crunches for 20 minutes 25
Crunches for 20 minutes 26	Crunches for 20 minutes 27	(Active Rest): Walk for 10 minutes or stretch for 10 minutes 28	Crunches for 20 minutes 29	Crunches for 20 minutes 30	Crunches for 20 minutes 31	



### DID YOU KNOW?

Provita Probiotics can support your weight loss journey! By improving gut health, it helps boost metabolism, reduce bloating, and balance hormones —key factors in achieving your New Year's resolution.

**Start your 2025 strong with Provita!"**

