

21 day FIX™



Start Date: _____ End Date: _____
 (Enter Starting Measurements at commit.zillafitness.com)

Goals:

WEEK 1	Total Body Cardio Fix	Upper Fix	Lower Fix Or *Barre Legs	Pilates Fix Or *Flat Abs Fix	Cardio Fix	Dirty 30	Yoga Fix
WEEK 2	Total Body Cardio Fix	Upper Fix	Lower Fix Or *Barre Legs	Pilates Fix Or *Flat Abs Fix	Cardio Fix	Dirty 30	Yoga Fix
WEEK 3	Total Body Cardio Fix	Upper Fix	Lower Fix Or *Barre Legs	Pilates Fix Or *Flat Abs Fix	Cardio Fix	Dirty 30	Yoga Fix
OPTIONAL DOUBLES (Add to Week 3 Workouts)	Pilates X	Cardio Fix	10 Minute Fix for Abs	Total Body Cardio Fix	Upper Fix	Pilates Fix	Photos/ Measurements

If it fits, you can eat it!

- **Green**—Vegetables
- **Purple**—Fruit
- **Red**—Protein
- **Yellow**—Carbohydrates
- **Blue**—Healthy Fats and Cheese
- **2 Orange**—Seeds and Oils
- **Shakeology Shaker Cup**—Drinks

* Flat Abs Fix and Barre Legs are included with the 21 Day Fix Ultimate Package.

Sold separately at:

21dayfixultimatedvds.zillafitness.com

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