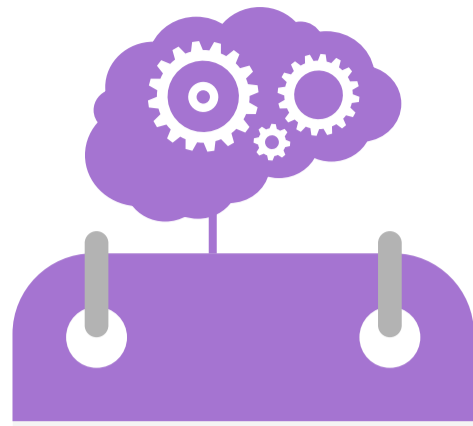


**MON**

**Go**

It's Go Time!  
Start your new week like you mean it.  
Give it 110%.

*Eat well.  
Train hard.  
Challenge!*



**TUE**

**Mind**

It's all about the mindset.  
A new video will be unlocked at 5pm.

*Get focused.  
Eat well.  
Train hard.*



**WED**

**Check**

Checkpoint Day – the ONLY day you should be weighing yourself.

*Check in.  
Eat well.  
Train hard.*

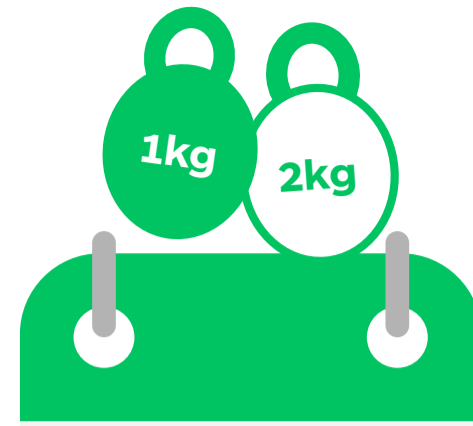


**THU**

**Plan**

Next week's plans are live!  
Pull your diaries out and get organised.

*Organise.  
Eat well.  
Train hard.*



**FRI**

**Core**

It's Core Day for a lot of you.  
Strengthen and stretch your way to success!

*Get strong.  
Eat well.  
Train hard!*

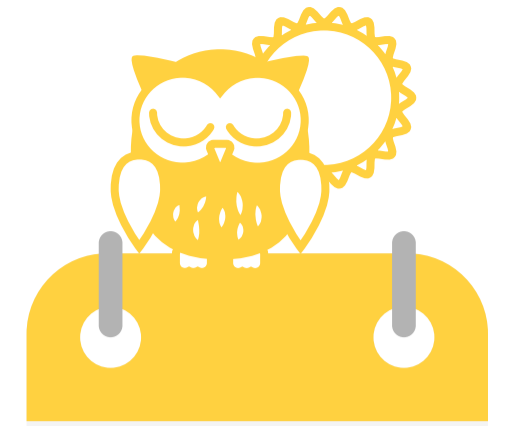


**SAT**

**More**

Most of you will have more time to train EXTRA hard – it's SSS time.  
Smash it out!

*Eat well.  
Train hard...  
extra hard.*



**SUN**

**Rest**

You've earned a rest day – enjoy!  
Mindset Video unlocked at 5pm.

*Eat well.  
Rest well.  
Feel great!*

# Typical 12WBT Week