

4 WEEK BANDS CHALLENGE

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	REST
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13	REST
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	REST
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	REST