

February 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------------------|--------------------------|----------------------|---|---|--------------------------------|
| 29 (31 wks pg) | 30 | 31 | 1 45 minute swim | 2 | 3 1.25 hr yoga 15 min weights | 4 1.25 hr yoga |
| 5 (32 wks pg) 30 min cardio 15 min weights | 6 | 7 15 min weights | 8 45 minute swim | 9 | 10 1.25 hr yoga 15 min weights | 11 1.25 hr yoga |
| 12 (33 wks pg) 30 min cardio 15 min weights | 13 | 14 15 min weights | 15 45 minute swim | 16 Done with school!!!!!!!! | 17 1.25 hr yoga 15 min weights | 18 LA! Mexican Food! |
| 19 (34 wks pg) LA! Mexican Food! | 20 LA! Mexican Food! | 21 15 minutes weights | 22 45 minute swim | 23 30 min cardio | 24 My birthday! 1.25 hr yoga 15 min weights | 25 1.25 hr yoga |
| 26 (35 wks pg) 30 min cardio 15 min weights | 27 | 28 15 minutes weights | 29 45 minute swim | Swim – 5 sessions (~3.75 hrs) Yoga – 7 sessions (~8.75 hrs) Cardio – 4 session (~2 hours) Weights – 11 sessions (~2.75 hrs) Total – 17.25 hours | | |