

kay gal co.
W E E K L Y P L A N N E R

<p>MONDAY</p> <p><input type="checkbox"/> PELOTON BARRE</p> <p><input type="checkbox"/> 20 MINUTE CARDIO</p> <p><input type="checkbox"/> PLANK CHALLENGE</p>	<p>TUESDAY</p> <p><input type="checkbox"/> PELOTON ARMS</p> <p><input type="checkbox"/> 20 MINUTE CARDIO</p> <p><input type="checkbox"/> PLANK CHALLENGE</p>
<p>WEDNESDAY</p> <p><input type="checkbox"/> PELOTON BARRE</p> <p><input type="checkbox"/> 20 MINUTE CARDIO</p> <p><input type="checkbox"/> PLANK CHALLENGE</p>	<p>THURSDAY</p> <p><input type="checkbox"/> PELOTON ARMS</p> <p><input type="checkbox"/> 20 MINUTE CARDIO</p> <p><input type="checkbox"/> PLANK CHALLENGE</p>
<p>FRIDAY</p> <p><input type="checkbox"/> PELOTON BARRE</p> <p><input type="checkbox"/> 20 MINUTE CARDIO</p> <p><input type="checkbox"/> PLANK CHALLENGE</p>	<p>SATURDAY</p> <p><input type="checkbox"/> FAMILY TIME</p> <p><input type="checkbox"/> SELF-CARE</p>
<p>SUNDAY</p> <p><input type="checkbox"/> 20 MINUTE YOGA</p> <p><input type="checkbox"/> PLANK CHALLENGE</p>	<p><i>notes</i></p> <p><i>I am enough</i></p>

M A R C H 1 3 T H - M A R C H 1 9 T H