

REVIVE⁺

Print this worksheet out and fill in the blank each day over the next 12 weeks and by the end of REVIVE, you will have this special message to take away! The numbers below each line correlate to each day of the program. Each day the calendar will be updated with a letter! Rest and recovery days will also have a letter because they are just as important as the workout days!

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37 1 74 29 44 65 72

32 80 18 55 20 41 67 6 30

28 81 47 79 10 66

26 33 63 25 59 3 73 57 22

82 40 54 43 35 60 49

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19 48 17 51 77 8 62

71 42 31 9 23 78 46 16 68 21 4

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52 2 69 34 7 76 58

84 38 56 24 15 61 39

5 12 64 50

75 11 27 36 14 53 45 13 83 70