

SUNDAY		2 Prep Day Gather the materials for your goal.	9  Meditation	16 Meditation	23 Meditation	30  Meditation
MONDAY		3 Meditation	10 Cardio	17 Cardio	24  Weights (Upper Body)	31 Test Push yourself to the limit to see how you've improved in the last 30 days.
TUESDAY		4 Test	11 Core	18  Self-Care Day	25 Cardio	FEB 1 POST Post your Transformation Tuesday proof! Not everyone has the same goal or resolution. Some just want to start a healthy habit while others want to see a physical change. Visit gordon.armymwr.com/transform22 to post your most creative before and after picture.
WEDNESDAY		5  Rest	12 Weights (Upper Body)	19 Cardio	26  Cardio / Core	
THURSDAY		6 Core / Meditation	13  Cardio	20 Rest	27 Weights (Lower Body)	
FRIDAY		7 Cardio	14 Meditation	21  Cardio	28 Weights (Upper Body)	
SATURDAY	1 Set Your Goal	8  Self Care Day	15 Weights (Lower Body)	22 Rest	29 Rest	