

THE *fresh* **START** challenge
 EXPECTING AND EMPOWERED

	E&E WORKOUT 1	E&E WORKOUT 2	E&E WORKOUT 3	CARDIO	SELF CARE
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					
WEEK 5					
WEEK 6					
WEEK 7					
WEEK 8					
WEEK 9					
WEEK 10					