



PREGNANCY GUIDE

# WORKOUT TRACKER

EXPECTING AND EMPOWERED

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WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT
WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT
WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT
WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT

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WEEK 24	WEEK 24	WEEK 25	WEEK 26	WEEK 27
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT
WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT
WEEK 33	WEEK 34	WEEK 35	WEEK 36	WEEK 37
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT
WEEK 38	WEEK 39	WEEK 40	<p><b>WE HAD AN E&amp;E BABY!</b> YAY</p> <p>NAME: _____</p> <p>DATE: _____</p> <p>YOU DID IT, MAMA! HUGS!</p>	
<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT	<input type="checkbox"/> LOWER <input type="checkbox"/> UPPER <input type="checkbox"/> CIRCUIT		