



THIRD TRIMESTER GUIDE

WORKOUT TRACKER

EXPECTING AND EMPOWERED

WWW.EXPECTINGANDEMPOWERED.COM

THIRD TRIMESTER

WORKOUT TRACKER

EXPECTING AND EMPOWERED

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>WE HAD AN E&E BABY! 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		