

get
A GOLD STAR

YOU CAN CHOOSE TO START YOUR WEEK ON A SUNDAY OR A MONDAY

ENJOY!

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STRETCH YOUR BODY || STRETCH YOUR MIND

www.ellefitactive.com

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KEEP TRACK + STAY ACCOUNTABLE
Reward yourself every time you
Get Bendy, Get Split or Get Inverted!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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SUNDAY

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