

get
A GOLD STAR

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

ENJOY!

• *elle fit active* •

STRETCH YOUR BODY || STRETCH YOUR MIND

www.ellefitactive.com

  @ellefitactive



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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

· elle fit active ·

STRETCH YOUR BODY || STRETCH YOUR MIND

WWW.ELLEFITACTIVE.COM



@ELLEFITACTIVE
 #ELLEFITACTIVE



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

• elle fit active •

STRETCH YOUR BODY || STRETCH YOUR MIND

WWW.ELLEFITACTIVE.COM



@ELLEFITACTIVE
 #ELLEFITACTIVE