

JESSICA SMITH PRESENTS

# Walk STRONG 2.0

## YOUR 6 WEEK COUNTDOWN PLAN

Follow the plan below and make adjustments as you go. Miss a day? No prob! Simply swap out your rest day and get back on track as soon as you can. And be sure to [check in with us online here](#) so that we can cheer you on during your journey!

Track your daily progress with check marks all week.  
**YOU CAN DO THIS! Remember, our goal is PROGRESS, NOT PERFECTION.**

### WEEK 1

**TIP: Practice Gratitude + Loving Kindness Towards Your Body - As it is, Right Now.** Don't let the improvements you want to make to your body make you forget the incredible things your body already does for you right now. The more you focus on the positive, the easier it is to stick with healthy habits that not only help you feel good, but help you look good too!

<b>Day 1</b> Have a Ball! DVD 2 Did it	<b>Day 2</b> Circuit #3: Total Body Focus DVD 1 Did it	<b>Day 3</b> Stride and Step DVD 2 Did it	<b>Day 4</b> Circuit #1: Upper Focus DVD 1 Did it	<b>Day 5</b> Core Control DVD 3 Did it	<b>Day 6</b> Circuit #2: Lower Focus OPTIONAL: Flow 4: Total Body DVD 1 DVD 4 Did it	<b>Day 7</b> <b>Active Rest Day</b> (add the Prehab Routine and/or any Gentle Yoga Flows for extra credit!) DVD SET DVD 4 Did it
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### WEEK 2

**TIP: Get Clear About Why You Are Here.** If all we focus on is the external (like weight loss, our jeans size, etc), it's easy to get discouraged, fast. There's a deeper reason you decided to commit to this program, and it goes beyond the scale. Define your personal cause and organize your daily activities around it. Remind yourself of it often and make sure your thoughts and actions align with your purpose.

<b>Day 8</b> Poise and Grace DVD 3 Did it	<b>Day 9</b> Steady, Ready, GO! DVD 2 Did it	<b>Day 10</b> Circuit #2: Lower Focus DVD 1 Did it	<b>Day 11</b> Balance and Agility DVD 3 Did it	<b>Day 12</b> Circuit #1: Upper Focus DVD 1 Did it	<b>Day 13</b> Have a Ball! OPTIONAL: Prehab Routine DVD 2 DVD SET Did it	<b>Day 14</b> <b>Active Rest Day</b> (add Dynamic Stretch and/or any Gentle Yoga Flows for extra credit!) DVD SET DVD 4 Did it
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### WEEK 3

**TIP: Focus on Abundance, not Sacrifice.** Rather than focus on all of the things you shouldn't be eating, drinking or doing, try tapping into a feeling of absolute abundance instead. Focus on all the healthy, energy providing foods you can eat, on all of the amazing movement and activity you get to participate in and the much deserved (and needed) rest and rejuvenation time you can enjoy!

<b>Day 15</b> Circuit #3: Total Focus DVD 1 Did it	<b>Day 16</b> Stride and Step DVD 2 Did it	<b>Day 17</b> Total Body Training DVD SET Did it	<b>Day 18</b> Interval Mix DVD SET Did it	<b>Day 19</b> Barefoot Fusion Sculpt DVD SET Did it	<b>Day 20</b> Core Control OPTIONAL: Flow 3: Hips and Knees DVD 3 DVD 4 Did it	<b>Day 21</b> <b>Active Rest Day</b> (add the Prehab Routine and/or any Gentle Yoga Flows for extra credit!) DVD SET DVD 4 Did it
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### WEEK 4

**TIP: Get Enough Sleep.** Getting enough sleep every night is not only an important part of any self care regimen, it's proven to help with weight loss too! Studies show that not only can getting enough rest help you eat less calories, stick with a healthy diet and have the energy you need for your workouts, it can also help you boost your metabolism, bolster your immune system and lower your risk of certain cancers, diabetes and stroke.

<b>Day 22</b> Circuit #1: Upper Focus DVD 1 Did it	<b>Day 23</b> Steady, Ready, GO! DVD 2 Did it	<b>Day 24</b> Circuit #2: Lower Focus DVD 1 Did it	<b>Day 25</b> Balance and Agility DVD 3 Did it	<b>Day 26</b> Circuit #3: Total Focus DVD 1 Did it	<b>Day 27</b> Poise and Grace OPTIONAL: Flow 1: Neck and Shoulders DVD 3 DVD 4 Did it	<b>Day 28</b> <b>Active Rest Day</b> (add Dynamic Stretch and/or any Gentle Yoga Flows for extra credit!) DVD SET DVD 4 Did it
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### WEEK 5

**TIP: Get your daily dose of Vitamin W - Walking.** Walking offers so many amazing health benefits including improving your mood, bolstering your memory, strengthening your bones, enhancing your circulation and even improving the quality of your sleep! If you haven't already, work your way up to 10,000 steps (or more!) a day to stay more active throughout the day (beyond your workouts) to combat the ill effects of hours of sitting. Try adding about 500 extra steps a day, progressing gradually each week until you've hit your daily goal.

<b>Day 29</b> Interval Mix DVD SET Did it	<b>Day 30</b> Poise and Grace AND/OR Total Body Training DVD 3 DVD SET Did it	<b>Day 31</b> Stride and Step DVD 2 Did it	<b>Day 32</b> Core Control AND/OR 360 Abs DVD 3 DVD SET Did it	<b>Day 33</b> Have a Ball! DVD 2 Did it	<b>Day 34</b> Circuit #3: Total Focus OPTIONAL: Flow 2: Chest and Back DVD 1 DVD 4 Did it	<b>Day 35</b> <b>Active Rest Day</b> (add the Prehab Routine and/or any Gentle Yoga Flows for extra credit!) DVD SET DVD 4 Did it
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### WEEK 6

**TIP: Keep Raising the Bar.** Continue challenging yourself (without overdoing it) to keep creating positive changes in your body! Focus on improving your form, control and execution during the workouts. Try the more advanced options when appropriate, and, if your weights start to feel easier to lift, consider upgrading to a new, heavier set for continual progress.

<b>Day 36</b> Steady, Ready, GO! AND/OR Interval Mix DVD 2 DVD SET Did it	<b>Day 37</b> Upper Body Strength AND/OR 360 Abs DVD SET Did it	<b>Day 38</b> Balance and Agility AND/OR Lower Body Sculpt DVD 3 DVD SET Did it	<b>Day 39</b> Stride and Step AND/OR Brain Fitness Fun DVD 2 DVD SET Did it	<b>Day 40</b> Any Flow Combo of Your Choice [1-4]: Gentle Yoga DVD 4 Did it	<b>Day 41</b> Cardio Party! AND/OR Have a Ball! DVD SET DVD 2 Did it	<b>Day 42</b> <b>Active Rest Day</b> (add Dynamic Stretch and/or any Gentle Yoga Flows for extra credit!) DVD SET DVD 4 Did it
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