

PROVita
MAY
Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reminder: 1. For examples of exercises and nutrition please message our Official Facebook page (Proweightloss Program) and visit our website (www.provitaproducts.com) 2. Have a morning cup of PCoffee. 3. Take your Provita Probiotics once before bedtime. 4. Drink 3 liters of water a day. 5. Add Provita Shape in Shake to your meal. 6. Take a 'Before and After' picture and post it with #Provita # CoachBarbie #PCOS30 7. Join our free coaching sessions to guide you better. 8. Once finished, post it to our official Facebook Group (PCOS 30 OFFICIAL FB GROUP by CoachBarbie)						
			DAY 1 5 Squat Jumps 5 Crab Walks 5 step-Ups 5 Hip Thrusts	DAY 2 7 Squat Jumps 7 Crab Walks 7 step-Ups 7 Hip Thrusts	DAY 3 9 Squat Jumps 9 Crab Walks 9 step-Ups 9 Hip Thrusts	DAY 4 11 Squat Jumps 11 Crab Walks 11 step-Ups 11 Hip Thrusts
DAY 5 13 Squat Jumps 13 Crab Walks 13 step-Ups 13 Hip Thrusts	DAY 6 15 Squat Jumps 15 Crab Walks 15 step-Ups 15 Hip Thrusts	DAY 7 REST DAY	DAY 8 17 Squat Jumps 17 Crab Walks 17 step-Ups 17 Hip Thrusts	DAY 9 19 Squat Jumps 19 Crab Walks 19 step-Ups 19 Hip Thrusts	DAY 10 21 Squat Jumps 21 Crab Walks 21 step-Ups 21 Hip Thrusts	DAY 11 23 Squat Jumps 23 Crab Walks 23 step-Ups 23 Hip Thrusts
DAY 12 25 Squat Jumps 25 Crab Walks 25 step-Ups 25 Hip Thrusts	DAY 13 27 Squat Jumps 27 Crab Walks 27 step-Ups 27 Hip Thrusts	DAY 14 REST DAY	DAY 15 29 Squat Jumps 29 Crab Walks 29 step-Ups 29 Hip Thrusts	DAY 16 31 Squat Jumps 31 Crab Walks 31 step-Ups 31 Hip Thrusts	DAY 17 33 Squat Jumps 33 Crab Walks 33 step-Ups 33 Hip Thrusts	DAY 18 35 Squat Jumps 35 Crab Walks 35 step-Ups 35 Hip Thrusts
DAY 19 37 Squat Jumps 37 Crab Walks 37 step-Ups 37 Hip Thrusts	DAY 20 39 Squat Jumps 39 Crab Walks 39 step-Ups 39 Hip Thrusts	DAY 21 REST DAY	DAY 22 41 Squat Jumps 41 Crab Walks 41 step-Ups 41 Hip Thrusts	DAY 23 43 Squat Jumps 43 Crab Walks 43 step-Ups 43 Hip Thrusts	DAY 24 45 Squat Jumps 45 Crab Walks 45 step-Ups 45 Hip Thrusts	DAY 25 47 Squat Jumps 47 Crab Walks 47 step-Ups 47 Hip Thrusts
DAY 26 49 Squat Jumps 49 Crab Walks 49 step-Ups 49 Hip Thrusts	DAY 27 51 Squat Jumps 51 Crab Walks 51 step-Ups 51 Hip Thrusts	DAY 28 REST DAY	DAY 29 53 Squat Jumps 53 Crab Walks 53 step-Ups 53 Hip Thrusts	DAY 30 55 Squat Jumps 55 Crab Walks 55 step-Ups 55 Hip Thrusts	DAY 31 57 Squat Jumps 57 Crab Walks 57 step-Ups 57 Hip Thrusts	

Know more about us: www.provitaproducts.com

TRIVIA: THE POWERFUL DUO:
PCOS30 Program and Provita Probiotics!

Your 30 Days Journey is not only about your journey. It is for lifelong benefits! Healthier and Happier you!



“
You can FEEL SORE tomorrow or FEEL SORRY tomorrow, YOU CHOOSE!”