



THE DAILY FLO

31-DAY NEW YEAR KICK OFF

#GETITDONE

"Motivation is what gets you started, habits are what keep you going."
--James Clear

"Be the person today that you want to become tomorrow!"

"Define your WHY, and you will never rely on MOTIVATION ever again."

"You were made to do hard things."

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Day 1 Download free resources • Write goals for January • Message Coach!	Day 2 KB Full Body Push • 4x 16 reps • Day 1 - 3K Core Challenge	Day 3 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 2 - 3K Core Challenge	Day 4 KB Full Body Pull • 4x 16 reps • Day 3 - 3K Core Challenge	Day 5 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 4 - 3K Core Challenge	Day 6 KB Full Body HIIT • 0:30 work / 0:30 rest • Day 5 - 3K Core Challenge	Day 7 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 6 - 3K Core Challenge
Day 8 Rest Day • Re-evaluate goals • Message Coach an Update • Day 7 - 3K Core Challenge	Day 9 KB Full Body Push • 4x 12 reps • Day 8 - 3K Core Challenge	Day 10 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 9 - 3K Core Challenge	Day 11 KB Full Body Pull • 4x 12 reps • Day 10 - 3K Core Challenge	Day 12 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 11 - 3K Core Challenge	Day 13 KB Full Body HIIT • 0:30 work / 0:20 rest • Day 12 - 3K Core Challenge	Day 14 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 13 - 3K Core Challenge
Day 15 Rest Day • Re-evaluate goals • Message Coach an Update • Day 14 - 3K Core Challenge	Day 16 KB Full Body Push • 5x 10 reps • Day 15 - 3K Core Challenge	Day 17 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 16 - 3K Core Challenge	Day 18 KB Full Body Pull • 5x 10 reps • Day 17 - 3K Core Challenge	Day 19 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 18 - 3K Core Challenge	Day 20 KB Full Body HIIT • 0:30 work / 0:15 rest • Day 19 - 3K Core Challenge	Day 21 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 20 - 3K Core Challenge
Day 22 Rest Day • Re-evaluate goals • Message Coach an Update • Day 21 - 3K Core Challenge	Day 23 KB Full Body Push • 5x 8 reps • Day 22 - 3K Core Challenge	Day 24 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 23 - 3K Core Challenge	Day 25 KB Full Body Pull • 5x 8 reps • Day 24 - 3K Core Challenge	Day 26 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 25 - 3K Core Challenge	Day 27 KB Full Body HIIT • 0:40 work / 0:20 rest • Day 26 - 3K Core Challenge	Day 28 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 27 - 3K Core Challenge
Day 29 Rest Day • Re-evaluate goals • Message Coach an Update • Day 28 - 3K Core Challenge	Day 30 KB Full Body Push • 5x 8 reps • Day 29 - 3K Core Challenge	Day 31 Run + Mobility • 20-30 minute run/walk • Full Body Mobility • Day 30 - 3K Core Challenge	DONE! You Made It!	NOW	KEEP	GOING!

