

# Challenge Planner

## DAY 1

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Deidra Towns

Workbook

Challenge

## DAY 2

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Jennifer Jarrett

Workbook

Challenge

## DAY 3

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Brandilyn Tebo

Workbook

Challenge

## DAY 4

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Stacy Petrossian

Workbook

Challenge

## DAY 5

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Nicole Tormey

Workbook

Challenge

## BONUS

\_\_\_\_\_ AM

BONUS  
Stretching w/  
Nicole Tormey

## BONUS

\_\_\_\_\_ AM

BONUS  
Quantum  
Meditation w/  
Eric Luczak

## DAY 6

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Joanne Adducci

Workbook

Challenge

## DAY 7

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Lisa Eddy

Workbook

Challenge

## DAY 8

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Eric Luczak

Workbook

Challenge

## DAY 9

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Jolie Dawn

Workbook

Challenge

## DAY 10

\_\_\_\_\_ AM

Training w/  
Isabelle

\_\_\_\_\_ PM

Training w/  
Philip Nicholas

Workbook

Challenge

## INTEGRATION

\_\_\_\_\_ AM

Integration Call  
w/ Isabelle

## INTEGRATION

\_\_\_\_\_ AM

Integration Call  
w/ Isabelle