

APRIL 2020

MONTHLY FOCUS: MAKE THE LIFE CHANGE
MONTHLY CHALLENGE: BICEP CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Rest	30 Rest or Body-Part Day	31 8 Weeks to Change Workout 7	1 Rest or Body-Part Day	2 8 Weeks to Change Workout 8	3 Rest or Body-Part Day	4 NEW HUDDLE Rest or Body-Part Day
5 Rest or Body-Part Day	6 Rest or Body-Part Day	7 8 Weeks to Change Workout 9	8 Rest or Body-Part Day	9 8 Weeks to Change Workout 10	10 Rest or Body-Part Day	11 Rest or Body-Part Day
12 Rest or Body-Part Day	13 Rest or Body-Part Day	14 8 Weeks to Change Workout 11	15 Rest or Body-Part Day	16 8 Weeks to Change Workout 12	17 Rest or Body-Part Day	18 NEW HUDDLE Rest or Body-Part Day
19 Rest or Body-Part Day	20 Rest or Body-Part Day	21 8 Weeks to Change Workout 13	22 Rest or Body-Part Day	23 8 Weeks to Change Workout 14	24 Rest or Body-Part Day	25 Rest or Body-Part Day
26 Rest or Body-Part Day	27 Rest or Body-Part Day	28 8 Weeks to Change Workout 15	29 Rest or Body-Part Day	30 8 Weeks to Change Workout 16	1 Congratulations Huddle!	2 Rest or Body-Part Day

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STONE SQUAD GAME PLAN

MAKE THE LIFE CHANGE

- It's the final month of 8 Weeks To Change. Look back on what you accomplished in month 1 and ask yourself how you can make month 2 even better? Set a goal personally, professionally, and physically this month and do one thing every day to get closer to your dreams.

GOALS

PERSONAL: _____

PROFESSIONAL: _____

PHYSICAL: _____

1 CAMP, CONTINUED

- 8 WEEKS TO CHANGE
(MARCH 9TH-APRIL 30TH)

Follow along on Instagram and in the Forums for bonus squad challenges!

TRACK YOUR PROGRESS + TAKE NOTES HERE

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