24 BOXES

Twelve weeks. Two sessions a week. Tick one each time you train.

Week 1	☐	Date	☐	Date	**Week 7**	☐	Date	☐	Date
Week 2	☐	Date	☐	Date	**Week 8**	☐	Date	☐	Date
Week 3	☐	Date	☐	Date	**Week 9**	☐	Date	☐	Date
Week 4	☐	Date	☐	Date	**Week 10**	☐	Date	☐	Date
Week 5	☐	Date	☐	Date	**Week 11**	☐	Date	☐	Date
Week 6	☐	Date	☐	Date	**Week 12**	☐	Date	☐	Date