

WITHIN *by Whitney*
STRONG & Sculpted CALENDAR

January 4 – March 7, 2027
Name _____

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 A	Jan 4 LOWER + glutes · A	Jan 5 PILATES optional	Jan 6 UPPER body · A	Jan 7 PILATES optional	Jan 8 FULL body · A	Jan 9 WALK play, mobility	Jan 10 REST recover
WEEK 2 B	Jan 11 LOWER + glutes · B	Jan 12 PILATES optional	Jan 13 UPPER body · B	Jan 14 PILATES optional	Jan 15 FULL body · B	Jan 16 WALK play, mobility	Jan 17 REST recover
WEEK 3 A	Jan 18 LOWER + glutes · A	Jan 19 PILATES optional	Jan 20 UPPER body · A	Jan 21 PILATES optional	Jan 22 FULL body · A	Jan 23 WALK play, mobility	Jan 24 REST recover
WEEK 4 B	Jan 25 LOWER + glutes · B	Jan 26 PILATES optional	Jan 27 UPPER body · B	Jan 28 PILATES optional	Jan 29 FULL body · B	Jan 30 WALK play, mobility	Jan 31 REST recover
WEEK 5 A	Feb 1 LOWER + glutes · A	Feb 2 PILATES optional	Feb 3 UPPER body · A	Feb 4 PILATES optional	Feb 5 FULL body · A	Feb 6 WALK play, mobility	Feb 7 REST recover
WEEK 6 B	Feb 8 LOWER + glutes · B	Feb 9 PILATES optional	Feb 10 UPPER body · B	Feb 11 PILATES optional	Feb 12 FULL body · B	Feb 13 WALK play, mobility	Feb 14 REST recover
WEEK 7 A	Feb 15 LOWER + glutes · A	Feb 16 PILATES optional	Feb 17 UPPER body · A	Feb 18 PILATES optional	Feb 19 FULL body · A	Feb 20 WALK play, mobility	Feb 21 REST recover
WEEK 8 B	Feb 22 LOWER + glutes · B	Feb 23 PILATES optional	Feb 24 UPPER body · B	Feb 25 PILATES optional	Feb 26 FULL body · B	Feb 27 WALK play, mobility	Feb 28 REST recover
WEEK 9 RESET	Mar 1 RESET Pilates-based	Mar 2 PILATES or a walk	Mar 3 RESET Pilates-based	Mar 4 PILATES or a walk	Mar 5 RESET Pilates-based	Mar 6 WALK play, mobility	Mar 7 REST recover

 Strength  Pilates (optional)  Walk + mobility  Rest  Reset week

 Fill in the circle when you finish a day. Any three strength days work if your week shifts. Missed one? Don't restart the week. Do the next workout.