

myhipstrength:program1

Week 1	Date: _____	Complete? <input type="checkbox"/>
Week 2	Date: _____	Complete? <input type="checkbox"/>
Week 3	Date: _____	Complete? <input type="checkbox"/>
Week 4	Date: _____	Complete? <input type="checkbox"/>
Week 5	Date: _____	Complete? <input type="checkbox"/>
Week 6	Date: _____	Complete? <input type="checkbox"/>
Week 7	Date: _____	Complete? <input type="checkbox"/>
Week 8	Date: _____	Complete? <input type="checkbox"/>

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Week 9	Date: _____	Complete? <input type="checkbox"/>
Week 10	Date: _____	Complete? <input type="checkbox"/>
Week 11	Date: _____	Complete? <input type="checkbox"/>
Week 12	Date: _____	Complete? <input type="checkbox"/>
Week 13	Date: _____	Complete? <input type="checkbox"/>
Week 14	Date: _____	Complete? <input type="checkbox"/>
Week 15	Date: _____	Complete? <input type="checkbox"/>
Week 16	Date: _____	Complete? <input type="checkbox"/>

myhipstrength:program3

Week 17	Date: _____	Complete? <input type="checkbox"/>
Week 18	Date: _____	Complete? <input type="checkbox"/>
Week 19	Date: _____	Complete? <input type="checkbox"/>
Week 20	Date: _____	Complete? <input type="checkbox"/>
Week 21	Date: _____	Complete? <input type="checkbox"/>
Week 22	Date: _____	Complete? <input type="checkbox"/>
Week 23	Date: _____	Complete? <input type="checkbox"/>
Week 24	Date: _____	Complete? <input type="checkbox"/>