

# APRIL 2026

## EXERCISE

**Squats**  
**Push-ups**  
**Dead Bugs**

## GOAL

**2 Sets of**  
**10+ per exercise**  
**3 days per week**

Complete squats, pushups, and dead bugs 3 days per week for 2 sets of 10+ reps. Prioritize consistent form, controlled tempo and progress by adding reps, sets, or more challenging variations as appropriate. This phase also helps you identify which days work best for longer workouts as you continue building your routine in the coming months.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## NUTRITION FOCUS

### Healthy Fats



**Goal:** Emphasize healthier unsaturated fats such as olive oil, fatty fish, avocado, nuts, and seeds. These fats support heart health, cholesterol balance, and nutrient absorption while also helping reduce inflammation, support brain health, and improve meal satisfaction and fullness.

**Habit Building Tips:** Start with one simple fat swap per day, such as using olive oil instead of butter, add avocado to a meal, or including nuts or seeds with snacks or salads.

**Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.**

**EXERCISE**

Squats  
Push-ups  
Dead Bugs

**GOAL**

2-3 Sets of  
10+ per exercise  
3 days per week

Complete squats, pushups, and dead bugs 3 days per week for 2-3 sets of 10+ reps. **Prioritize consistent form, controlled tempo and progress by adding reps, sets, or more challenging variations as appropriate.** This phase also helps you identify which days work best for longer workouts as you continue building your routine in the coming months.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 1 set of each exercise	2	3 1 set of each exercise	4
5	6 1 set of each exercise	7	8 1 set of each exercise	9	10 1 set of each exercise	11
12	13 2 sets of each exercise	14	15 2 sets of each exercise	16	17 2 sets of each exercise	18
19	20 2 sets of each exercise	21	22 2 sets of each exercise	23	24 2 sets of each exercise	25
26	27 3 sets of each exercise	28	29 3 sets of each exercise	30		

**NUTRITION FOCUS**

**Healthy Fats**

**Goal:** Emphasize healthier unsaturated fats such as olive oil, fatty fish, avocado, nuts, and seeds. These fats support heart health, cholesterol balance, and nutrient absorption while also helping reduce inflammation, support brain health, and improve meal satisfaction and fullness.

**Habit Building Tips:** Start with one simple fat swap per day, such as using olive oil instead of butter, add avocado to a meal, or including nuts or seeds with snacks or salads.

**Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.**