

CLIENT PROGRAMS

21-Day Movement & Energy Program

A done-for-you programs resource from the Client Programs collection. Customize it with your branding and use it with your clients today.

Program Overview

A structured, done-for-you client program. Below is the day-by-day framework you can deliver as a challenge, group program or 1:1 container.

Day	Focus / Theme	Action Step
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Daily Habits to Track

- Hydration
- Movement
- Nutrition
- Sleep
- Mindset