



CALENDAR (IPT ELITE SKILLS)

DAY 1

Item #1
Item #2
Item #3

DAY 2

Item #4
Item #5
Item #6

DAY 3

"Need Work"
Choose 3

DAY 4

Item #7
Item #8
Item #9

DAY 5

"Favorites"
Choose 3

DAY 1

Item #10
Item #11
Item #12

DAY 2

Item #13
Item #14
Item #15

DAY 3

"Need Work"
Choose 3

DAY 4

Item #16
Item #17
Item #18

DAY 5

"Favorites"
Choose 3

DAY 1

Item #19
Item #20
Item #21

DAY 2

Item #22
Item #23
Item #24

DAY 3

"Need Work"
Choose 3

DAY 4

Item #25
Item #26
Item #27

DAY 5

"Favorites"
Choose 3

DAY 1

Item #28
Item #29
Item #30

DAY 2

Item #31
Item #32
Item #33

DAY 3

"Need Work"
Choose 3

DAY 4

Item #34
Item #35
Item #36

DAY 5

"Favorites"
Choose 3

For all additional days and time available, work through the "Needs Work" folders and the "Favorite Folders".
Each skill/method should be done a minimum of 10-20 minutes each time (regardless of reps).