



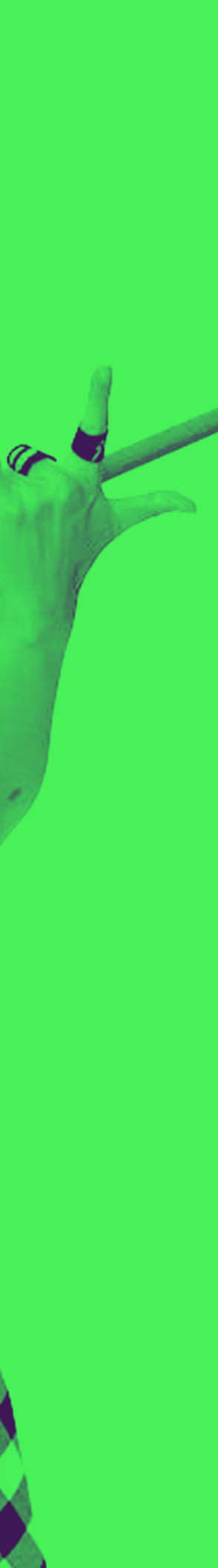
ROUND® - ROCKOUT. WORKOUT.

TOUR TO SUMMER

MAY 2020

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MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

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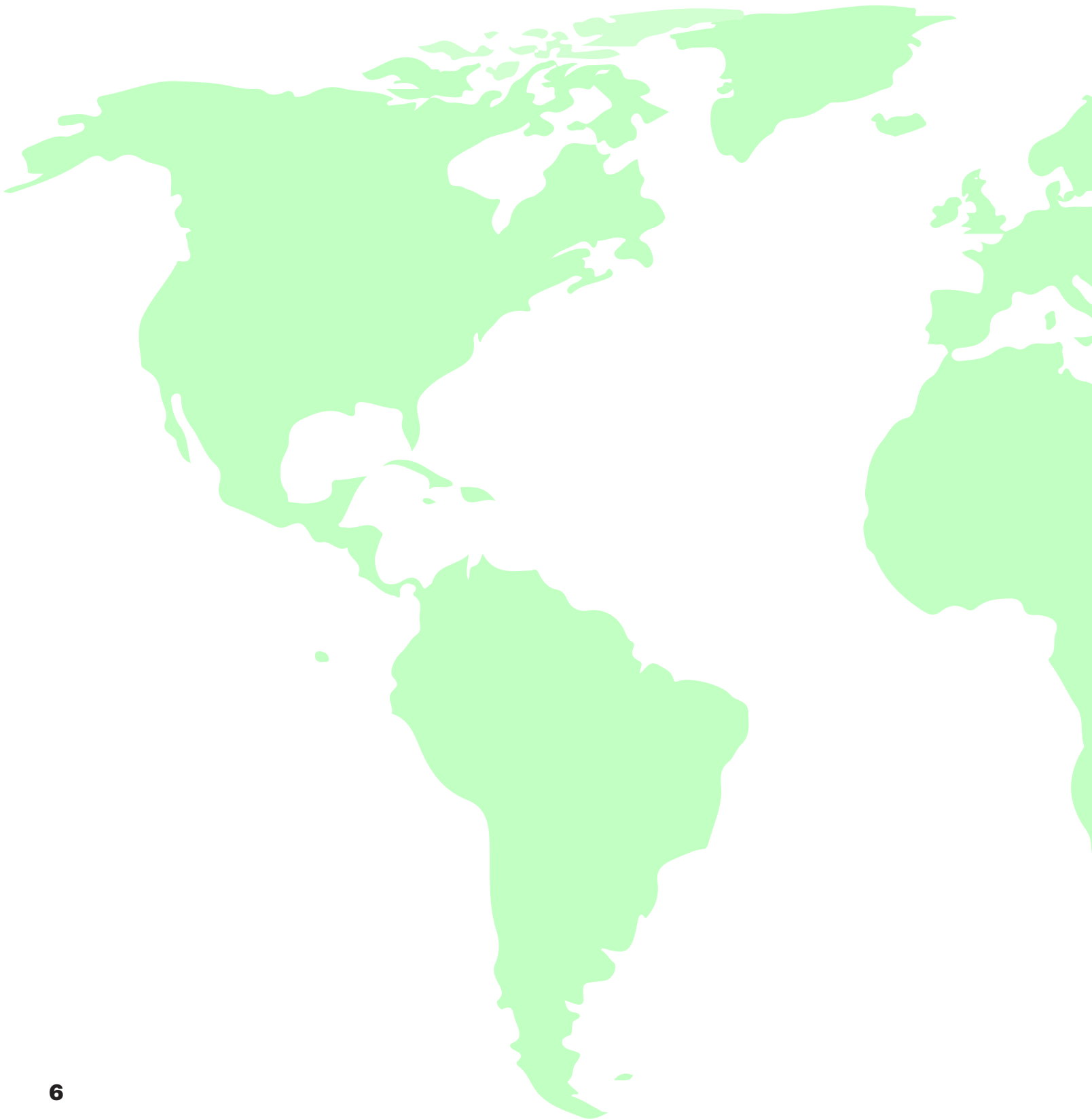
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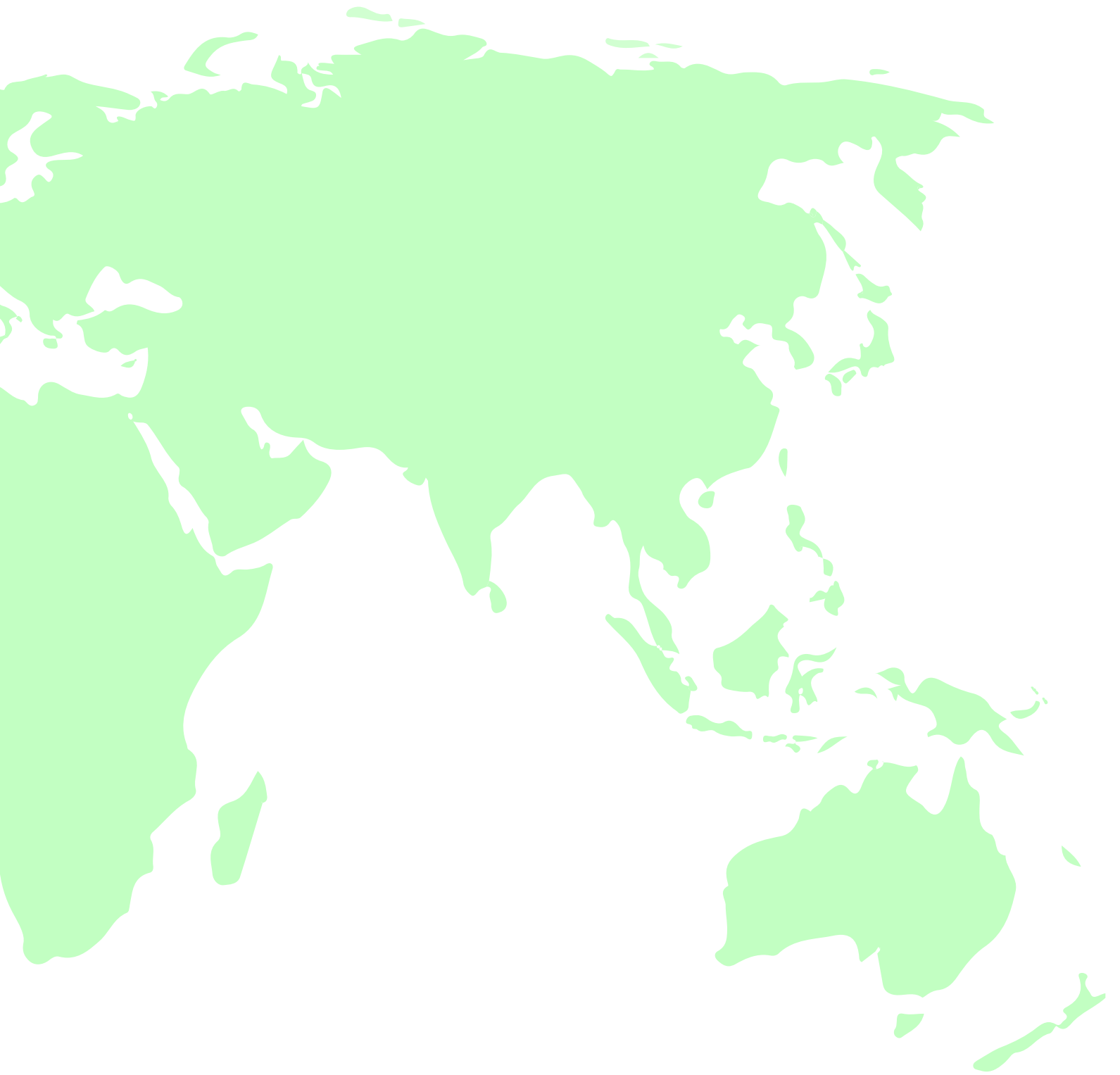
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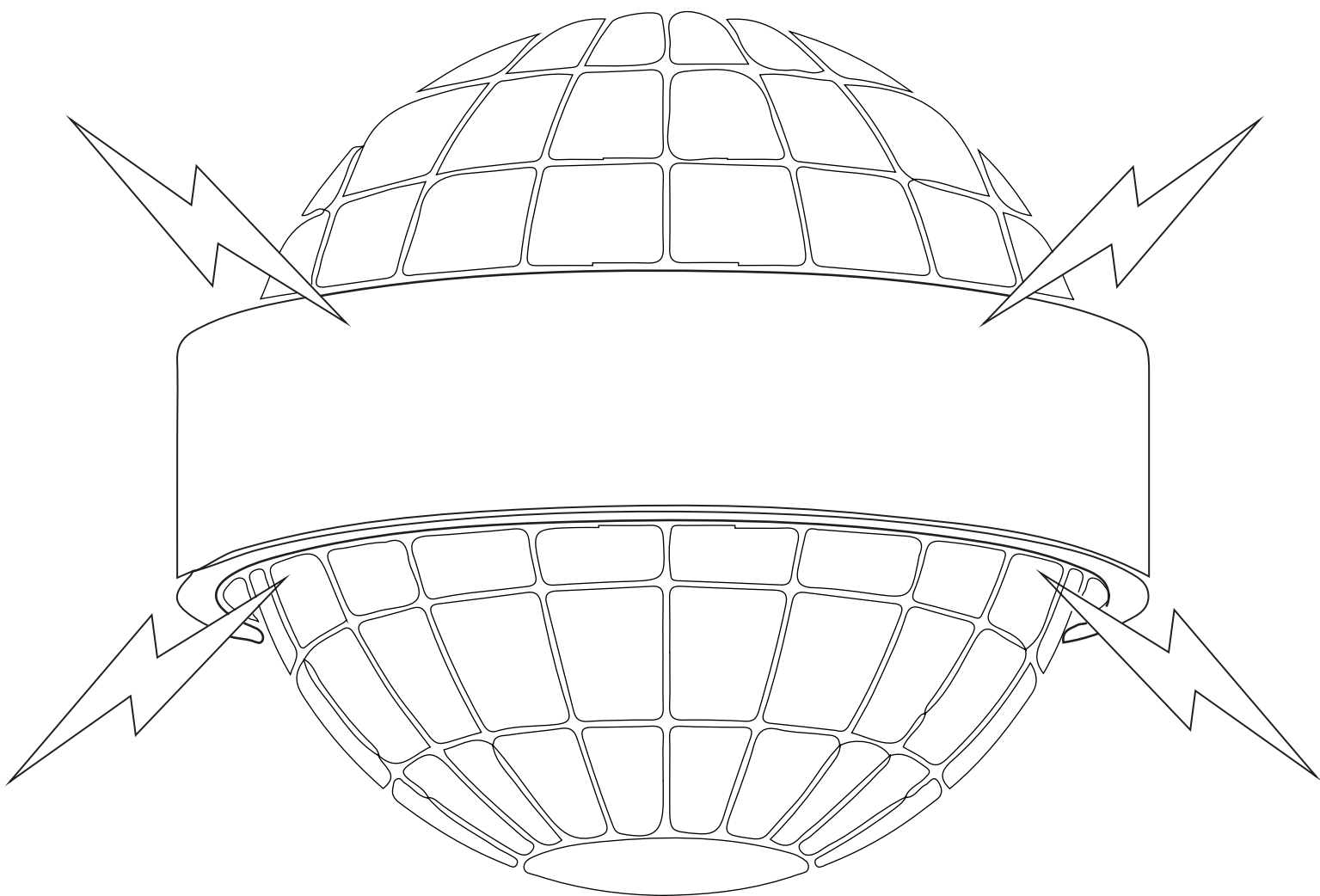
WHERE HAVE YOU TAKEN A VIRTUAL CLASS?







Make your own Tour logo



TAKE A PHOTO AND SHARE IT ON SOCIALS!

TAG @**POUNDFIT**

WEEK 01

COME TOGETHER

“THEY SAY A PERSON NEEDS JUST THREE THINGS TO BE TRULY HAPPY IN THIS WORLD: SOMEONE TO LOVE, SOMETHING TO DO, AND SOMETHING TO HOPE FOR.” —TOM BODETT

It seems so simple... Love, Passion and Hope. Yet every day we struggle to clear the distractions and tune into the little things that mean so much. As we enter into Week 1, we encourage you to take time to look at your core values, set goals and focus on the journey ahead.

So how do you begin? The answer: one step at a time. Each day we challenge you to look for ways to show your love to someone, to do one thing that makes you smile and to write down your hopes and dreams. Whether it's in this journal, on your phone or just a thought in your head, spend time tuning into YOU.

WHAT DOES HAPPINESS MEAN TO YOU?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

T O D O s :

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LIST 10 PEOPLE WHO HAVE POSITIVELY INFLUENCED/ IMPACTED YOUR LIFE.

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

T O D O s :

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WHAT ARE YOU CURRENTLY STRUGGLING WITH?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT GOOD HABITS DO YOU WANT TO CULTIVATE?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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FRIDAY

MONTH DAY YEAR

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LIST 10 THINGS THAT LIGHT YOU UP.

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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SATURDAY

MONTH DAY YEAR

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LIST 3 MEMORIES THAT YOU CHERISH THE MOST.

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT WAS YOUR FAVORITE MOMENT OR ACCOMPLISHMENT THIS WEEK?

WHAT INSPIRED YOU TO KEEP GOING?

WHAT WAS YOUR BIGGEST LEARNING?

**“ YOU DON'T
HAVE TO
HAVE IT ALL
FIGURED OUT
TO MOVE
FORWARD. ”**

—RAY T. BENNETT

WEEK 02

FLAVOR OF THE WEEK

**“LET FOOD BE THY MEDICINE AND
MEDICINE BE THY FOOD.”**

— HIPPOCRATES

If you are currently reading this, there is a 98% chance you have heard the term “food is medicine”. Today we ask, what does that mean to you? The majority of us would break it down as the mere fact that nutrients found within our food can either affect us in a positive or negative way. We look at this phrase as pure science. But today we challenge you to go deeper. To read between the lines and to see that food is not only medicine to your body, but to your mind and soul. Living in a world where the common belief is that healthy foods taste bad and junk food taste good, we can easily begin to create unhealthy mental relationships with our food. It’s time to change the game. This week challenge yourself to change the way you view food. Pick out at least 3 recipes from our Mixtape Meals cookbook and give them a try. What did you expect them to taste like vs how they actually taste? How did your body feel after the meal? How could you take some of your favorite comfort meals and turn them healthy?

M O N D A Y

M O N T H D A Y Y E A R

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HOW ARE YOU MOVING FORWARD WITH YOUR GOALS?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

T O D O s :

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T U E S D A Y

M O N T H D A Y Y E A R

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WHAT PIECE OF ADVICE WILL YOU CARRY INTO THE FUTURE?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

T O D O s :

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LIST 5 THINGS THAT MAKE YOU SMILE.

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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HOW CAN YOU BE MORE INTENTIONAL IN YOUR RELATIONSHIPS?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT WOULD YOU DO IF YOU DIDN'T LET FEAR STOP YOU?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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LIST 3 THINGS YOU ARE GRATEFUL FOR.

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT WAS YOUR FAVORITE MOMENT OR ACCOMPLISHMENT THIS WEEK?

WHAT INSPIRED YOU TO KEEP GOING?

WHAT WAS YOUR BIGGEST LEARNING?

Color it in!

MAKE
NOISE.

TAKE A PHOTO AND SHARE IT ON SOCIALS!

TAG @**POUNDFIT**

WEEK 03

BUST A MOVE

WE ARE HALFWAY THROUGH TOUR AND WE HAVE A VERY IMPORTANT QUESTION FOR YOU: CAN YOU FEEL YOUR LEGS? HAHA!

If you are anything like us, you love the feeling of being sore but are you taking the time to allow your body to heal? We become so focused on the workout itself we often forget about the importance of recovery. As we move into week 3 we encourage you to shift your perspective and start to focus on your post workout. What are your current post workout habits? Do you head straight to the shower and then the couch or bed? Do you eat certain foods? Evaluate yourself and try introducing new habits. Maybe set 15 minutes aside for stretching, try out foam rolling for the first time or set a goal to make sure you're hydrating. Keep up the good work Fitness Rebels, only 2 more weeks to go!

MONDAY

MONTH DAY YEAR

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WRITE A SELF MANTRA FOR THIS WEEK.

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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TUESDAY

MONTH DAY YEAR

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GIVE YOURSELF 5 COMPLIMENTS.

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT DO YOU NEED MORE OF? WHAT DO YOU NEED LESS OF?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

T O D O s :

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WHAT TYPE OF LEGACY DO YOU WANT TO LEAVE BEHIND?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

T O D O s :

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WHEN DO YOU FEEL THE MOST IN TUNE WITH YOURSELF?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT DOES "THE POWER OF MUSIC" MEAN TO YOU?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT WAS YOUR FAVORITE MOMENT OR ACCOMPLISHMENT THIS WEEK?

WHAT INSPIRED YOU TO KEEP GOING?

WHAT WAS YOUR BIGGEST LEARNING?

**NEVER EVER
UNDERESTIMATE
THE IMPORTANCE
OF HAVING FUN.**

WEEK 04

IT'S GONNA BE ALRIGHT

"I ALONE CANNOT CHANGE THE WORLD, BUT I CAN CAST A STONE ACROSS THE WATERS TO CREATE MANY RIPPLES." — MOTHER TERESA

Whether this is your first TOUR or you have been on the road with us for years, you probably have noticed something about our community... we're all in this together. Come rain or shine, our POUND community will always be by our side. However, this didn't just happen overnight, it took one rebel after another to make a stand on the importance of community. They share love, positivity and selflessness. They build each other up instead of tearing others down. So as we move into our last week, we ask that you continue to be the lights in this world. How can you bring your community together? How can you be the stone that creates ripples?

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WHAT'S YOUR WHY AND HOW CAN YOU STAY TRUE TO IT?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHERE DO YOU SPEND MOST OF YOUR ENERGY? IS THIS SOMETHING YOU WANT TO CHANGE?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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LIST 3 WAYS YOU CAN MAKE SOMEONE FEEL LOVED TODAY

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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OBSERVE YOUR SURROUNDINGS, WHAT DO YOU NOTICE?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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HOW DO YOU THINK YOU GIVE LOVE? HOW DO YOU RECEIVE?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT DOES GRATITUDE MEAN TO YOU?

TOUR CHECKLIST:

- 15 minutes of movement
- 2 liters of water
- mindful eating
- self care

TO DOs:

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WHAT WAS YOUR FAVORITE MOMENT OR ACCOMPLISHMENT THIS WEEK?

WHAT INSPIRED YOU TO KEEP GOING?

WHAT WAS YOUR BIGGEST LEARNING?



We Are The
Champions!

POST TOUR REFLECTION

FAVORITE TOUR MEMORY:

PROUDEST MOMENT:

GREATEST LEARNING:

FLIP TO YOUR NOTE TO SELF ON PAGE 6. WHAT CHANGE DO YOU SEE?





NOTE FROM KP

You did it! Congratulations, Fitness Rebel, you made it through all 30 days! I am SO proud of you. You came, you conquered, you SWEAT and made a whole lotta noise. It has been a privilege watching humans all over the world connect, grow and make noise over the last 9 years. I hope that you are walking away from tour with a few new connections, a healthy relationship with your body and mind and a fire for life.

Next thing I want you to remember is that even though the challenge is over, the journey is never ending. Many great achievers have said that the journey is much more exciting than reaching the end. That's why I want you to set a new goal, today. What will the NEXT 30 days look like? Use the new skills you've acquired during this tour and build on them. Keep writing in your journal, keep tracking how you feel, keeping moving and shaking :) And take a moment each morning, while brushing your teeth, to remind yourself: I am a badass. I am enough. And I'm ready to make some noise.

TIPS TO CONTINUE

1. Set small goals - While big goals are exciting to tackle they can often be overwhelming. Break your big goal into little goals and take baby steps each day to build confidence.
2. Create a plan - Take a small goal and build out a weekly plan on how you are going to tackle it. Set appointments and block out time on your calendar so you are holding yourself accountable.
3. Make it fun! - We love accomplishing goals but it involves hard work which is not fun. Change the game by finding a buddy to set goals with, create a playlist to workout to or attend a cooking class – whatever it takes to help you enjoy your new routine!
4. Track your progress - Create a visual calendar to track your progress. It's a great way to hold yourself accountable and to see your goals in a more tangible way!
5. Reward yourself! - Whether your reward is on a weekly or by goal basis don't forget to have something waiting at the end of the finish line. This helps create motivation and makes achieving your goals feel even more rewarding.

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ROCKOUT. WORKOUT.