

GAP MAP

THE FACTS

THE GAP

12 WEEKS

12 MONTH

	M1	M2	M3		
BODY	1	1	1	BODY	BODY
	2	2	2		
	3	3	3		
	4	4	4		
BEING	1	1	1	BEING	BEING
	2	2	2		
	3	3	3		
	4	4	4		
BALANCE	1	1	1	BALANCE	BALANCE
	2	2	2		
	3	3	3		
	4	4	4		
BUSINESS	1	1	1	BUSINESS	BUSINESS
	2	2	2		
	3	3	3		
	4	4	4		