

- **Exercise Goal:**

- **Nutrition Goal:**

- **Spiritual Goal:**

March Calendar Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABSolutely Motivated for a Miracle in March- Write in the abdominal exercise you complete each day Examples: 30 second planks, standing sit-ups, stability ball exercises, slow bicycle, lady bug					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
31						

STRETCH AT LEAST 5 MINUTES AFTER EACH WORKOUT

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Psalm 139:14