

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RECORD YOUR ACTIVITY EACH DAY. 30 MINUTES MINIMUM, INCLUDES STRETCHING AND YOGA						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	"COMMIT TO THE LORD, WHATEVER YOU DO, AND HE WILL ESTABLISH YOUR PLANS." PROVERBS 16:3				