

I'm getting active this May!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 200 sit-ups	2 50 push ups	3 10,000 steps
4 40 squats	5 Rest day	6 60 minutes walk	7 15 minutes stretch	8 2 minutes plank	9 30 seconds superman hold	10 Window shopping
11 40 jumping jacks	12 40 lunges	13 Mountain climbers	14 Take the stairs	15 Rest day	16 Take an online fitness session	17 Dance while cooking
18 Jog around the block	19 200 sit-ups	20 Rest day	21 50 push ups	22 10,000 steps	23 40 squats	24 60 minutes walk
25 Rest day	26 15 minutes stretch	27 2 minutes plank	28 30 seconds superman hold	29 40 jumping jacks	30 Gardening	31 Celebrate!

I'm getting active this May!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				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