

One Day at a Time Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 Jumping Jacks	2 10 Crunches	3 10 Knee Push ups	4 Rest	5 10 sec Plank	6 10 Squats	7 10 Calf Raises
8 Rest	9 15 Jumping Jacks + 15 min walk	10 15 Crunches	11 15 Knee Push ups	12 Rest	13 15 sec Plank + 15 min walk	14 15 Squats
15 15 Calk Raises	16 Rest	17 20 Jumping Jacks + 20 min walk	18 20 Crunches	19 20 Knee Push ups	20 Rest	21 20 sec Plank + 20 min walk
22 20 Squats	23 20 Calf Raises	24 Rest	25 25 Jumping Jacks + 25 min walk	26 25 Crunches	27 25 Knee Push ups	28 Rest
29 25 Sec Plank +25 min walk	30 25 Squats	31 25 Calf Raises				
<p>Join us for our March Madness Event!</p>		<p>More information coming soon!</p>				<p>Please consult your doctor before attempting.</p>