

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Wk-out 25 min everyday this week	2	3	4
5	6 Stop eating sugar after 6 pm everyday this week	7	8	9	10 Good Friday	11
12 Easter Sunday Easter	13 Alternate weights on upper and lower body every other day this week	14	15	16	17	18
19	20 Low carb dinner every night this week	21	22	23	24	25
26	27 Run/walk every other day this week for 25 minutes	28	29	30		