

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Rest	29 Crosstrain 30 min	30 Walk/Jog 30 min	31 Walk/Jog 45 min	1 Rest	2 Crosstrain 30 min	3 8am - Papa Johns 10
4 Rest	5 Crosstrain 30 min	6 Walk/Jog 30 min	7 Walk/Jog 45 min	8 Rest	9 Crosstrain 30 min	10 Walk/Jog 1:45 min
11 Rest	12 Crosstrain 30 min	13 Walk/Jog 30 min	14 Walk/Jog 45 min	15 Rest	16 Crosstrain 30 min	17 Walk/Jog 60 min
18 Rest	19 Crosstrain 30 min	20 Walk/Jog 30 min	21 Rest	22 Walk/Jog 30 min	23 Rest	24 8am - KDF mini
25	26	27	28	29	30	1