

| Sunday                | Monday                  | Tuesday               | Wednesday             | Thursday   | Friday                  | Saturday                               |
|-----------------------|-------------------------|-----------------------|-----------------------|------------|-------------------------|--|
| 31<br>Walk/Jog 30 min | 1<br>Crosstrain 30 min  | 2<br>Walk/Jog 30 min  | 3<br>Walk/Jog 30 min  | 4<br>Rest  | 5<br>Crosstrain         | 6<br>Walk/Jog 45 min                   |
| 7<br>Rest             | 8<br>Crosstrain 30 min  | 9<br>Walk/Jog 30 min  | 10<br>Walk/Jog 40 min | 11<br>Rest | 12<br>Crosstrain 30 min | 13<br>Walk/Jog 50 min<br>9am - Snowman |
| 14<br>Walk/Jog 30 min | 15<br>Crosstrain 30 min | 16<br>Walk/Jog 30 min | 17<br>Walk/Jog 40 min | 18<br>Rest | 19<br>Crosstrain 30 min | 20<br>Walk/Jog 55 min                  |
| 21<br>Rest            | 22<br>Crosstrain 30 min | 23<br>Walk/Jog 30 min | 24<br>Walk/Jog 40 min | 25<br>Rest | 26<br>Crosstrain 30 min | 27<br>Walk/Jog 45 min                  |
| 28<br>Rest            | 1<br>Crosstrain 30 min  | 2<br>Walk/Jog 30 min  | 3<br>Walk/Jog 30 min  | 4<br>Rest  | 5<br>Crosstrain 30 min  | 6<br>8am - Anthem 5k                   |