


<p>This week's goal: Aim for 7 hours of sleep each night.</p>		<p><u>Monday, May 1</u> 30 second plank 10 mountain climbers 10 push-ups 3 Rounds</p>	<p><u>Tuesday, May 2</u> 20 jumping jacks 10 burpees 10 high knees 3 Rounds</p>	<p><u>Wednesday, May 3</u> 20 squats 20 lunges 20 bridges 3 Rounds</p>	<p><u>Thursday, May 4</u> REST or find a fun activity!</p>	<p><u>Friday, May 5</u> 40 second plank 15 triceps dips 15 mountain climbers 3 Rounds</p>	<p><u>Saturday, May 6</u> 25 jumping jacks 15 burpees 15 high knees 3 Rounds</p>
<p>This week's goal: Check your running or walking shoes. Replace if worn.</p>	<p><u>Sunday, May 7</u> 25 bridges 25 squats 25 lunges 3 Rounds</p>	<p><u>Monday, May 8</u> REST or find a fun activity!</p>	<p><u>Tuesday, May 9</u> 50 second plank 20 triceps dip 20 mountain climbers 3 Rounds</p>	<p><u>Wednesday, May 10</u> 30 jumping jacks 20 burpees 20 high knees 3 Rounds</p>	<p><u>Thursday, May 11</u> 30 bridges 30 squats 30 lunges 3 Rounds</p>	<p><u>Friday, May 12</u> REST or find a fun activity!</p>	<p><u>Saturday, May 13</u> 60 second plank 25 triceps dips 15 mountain climbers 3 Rounds</p>
<p>This week's goal: Pick 3 yoga moves to complete before bed each night.</p>	<p><u>Sunday, May 14</u> 35 jumping jacks 20 burpees 35 high knees</p>	<p><u>Monday, May 15</u> 10 push-ups 10 bicycle crunches 10 second wall sit 3 Rounds</p>	<p><u>Tuesday, May 16</u> 10 pile squats 10 scissors 10 fire hydrants 3 Rounds</p>	<p><u>Wednesday, May 17</u> REST or find a fun activity!</p>	<p><u>Thursday, May 18</u> 10 lateral lunges 10 curtsy lunges 10 forward alternative lunges 3 Rounds</p>	<p><u>Friday, May 19</u> 10 push-ups 10 bicycles crunches 10 second wall sit 3 Rounds</p>	<p><u>Saturday, May 20</u> 10 pile squats 10 scissors 10 fire hydrants 3 Rounds</p>
<p>This week's goal: Pay it forward. Pay for the person behind you in line at the coffee shop.</p>	<p><u>Sunday, May 21</u> REST or find a fun activity!</p>	<p><u>Monday, May 22</u> 15 push-ups 15 bicycle crunches 15 second wall sit 3 Rounds</p>	<p><u>Tuesday, May 23</u> 15 pile squats 15 scissors 15 fire hydrants 3 Rounds</p>	<p><u>Wednesday, May 24</u> 15 lateral lunges 15 curtsy lunges 15 alternating lunges 3 Rounds</p>	<p><u>Thursday, May 25</u> REST or find a fun activity!</p>	<p><u>Friday, May 26</u> 15 push-ups 15 bicycles crunches 15 second wall sit 3 Rounds</p>	<p><u>Saturday, May 27</u> 15 pile squats 15 scissors 15 fire hydrants 3 Rounds</p>
<p>This week's goal: Once you are out of bed in the morning, drink 8oz of water.</p>	<p><u>Sunday, May 28</u> REST or find a fun activity!</p>	<p><u>Monday, May 29</u> 30 second "pretend" jump rope 30 second boxing front jabs 30 second jog in place 3 Rounds</p>	<p><u>Tuesday, May 30</u> 30 high knees 30 second boxing hooks 20 jumping jacks 3 Rounds</p>	<p><u>Wednesday, May 31</u> 30 second "pretend" jump rope 30 second boxing front jabs 30 second jog in place 3 Rounds</p>	<p>We knew you could do it!</p>	<p>Great Job!</p>	