

<p>This week's goal: If you go to Balloon Fiesta this week, park in the farthest spot possible.</p>	<p><u>Sunday, Oct. 1</u> 15 Drop Push-Ups Repeat 2 times</p>	<p><u>Monday, Oct. 2</u> 60 Second Plank Repeat 2 times</p>	<p><u>Tuesday, Oct. 3</u> 20 Triceps Dips **complete on a chair** Repeat 2 times</p>	<p><u>Wednesday, Oct. 4</u> 25 Bent Leg Raises with Hip Lift Repeat 2 times</p>	<p><u>Thursday, Oct. 5</u> 15 Weight Squat Clean & Press Repeat 2 times</p>	<p><u>Friday, Oct. 6</u> REST or find a fun activity!</p>	<p><u>Saturday, Oct. 7</u> 15 Leg Raises with Hip Raise Repeat 2 times</p>
<p>This week's goal: Avoid processed food.</p>	<p><u>Sunday, Oct. 8</u> 20 Crunches with legs on couch or chair Repeat 2 times</p>	<p><u>Monday, Oct. 9</u> REST or find a fun activity!</p>	<p><u>Tuesday, Oct. 10</u> 20 Straight Leg Jack-knives Repeat 2 times</p>	<p><u>Wednesday, Oct. 11</u> 40 Ab "Bikes" Repeat 2 times</p>	<p><u>Thursday, Oct. 12</u> REST or find a fun activity!</p>	<p><u>Friday, Oct. 13</u> 15 Burpees Repeat 2 times</p>	<p><u>Saturday, Oct. 14</u> 50 Mountain Climbers Repeat 2 times</p>
<p>This week's goal: Look at your average step count for a week. Aim for adding 2,000 more steps a day for a week.</p>	<p><u>Sunday, Oct. 15</u> REST or find a fun activity!</p>	<p><u>Monday, Oct. 16</u> 40 Scissor Kicks on back Repeat 2 times</p>	<p><u>Tuesday, Oct. 17</u> 30 Weighted Step-Ups (on a stair or chair, 15 on each side) Repeat 2 times</p>	<p><u>Wednesday, Oct. 18</u> 40 Lunges (20 on each side) Repeat 2 times</p>	<p><u>Thursday, Oct. 19</u> REST or find a fun activity!</p>	<p><u>Friday, Oct. 20</u> 15 Sumo Squats Repeat 2 times</p>	<p><u>Saturday, Oct. 21</u> 30 Knee-Ups (15 on each side, complete on a step or chair) Repeat 2 times</p>
<p>This week's goal: When ordering a Pumpkin Spice Latte, get it with non-fat milk and save calories!</p>	<p><u>Sunday, Oct. 22</u> REST or find a fun activity!</p>	<p><u>Monday, Oct. 23</u> 25 Triceps Dips Repeat 2 times</p>	<p><u>Tuesday, Oct. 24</u> 15 Decline Push-Ups Repeat 2 times</p>	<p><u>Wednesday, Oct. 25</u> REST or find a fun activity!</p>	<p><u>Thursday, Oct. 26</u> Crab Walk to the side 20 steps Repeat 2 times</p>	<p><u>Friday, Oct. 27</u> 24 Plank Push-Ups Repeat 2 times</p>	<p><u>Saturday, Oct. 28</u> 40 Scissor Kicks on back Repeat 2 times</p>
<p>This week's goal: Select Halloween candy that has fewer calories.</p>	<p><u>Sunday, Oct. 29</u> REST or find a fun activity!</p>	<p><u>Monday, Oct. 30</u> 20 Wide Leg Push-Ups Repeat 2 times</p>	<p><u>Tuesday, Oct. 31</u> 20 Straight Leg Jack-knives Repeat 2 times</p>	<p>Great Job!</p>			