



February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p>“Strive for progress, not perfection.”</p>			1 Workout/Exercise	2 Workout/Exercise	3 Workout/Exercise	4 Workout/Exercise		
			Activity Level	Activity Level	Activity Level	Activity Level		
			L M H	L M H	L M H	L M H		
						5 Workout/Exercise	6 Workout/Exercise	7 Workout/Exercise
						Activity Level	Activity Level	Activity Level
L M H	L M H	L M H	L M H	L M H	L M H			
12 Workout/Exercise	13 Workout/Exercise	14 Workout/Exercise	15 Workout/Exercise	16 Workout/Exercise	17 Workout/Exercise	18 Workout/Exercise		
			Activity Level	Activity Level	Activity Level	Activity Level		
			L M H	L M H	L M H	L M H		
19 Workout/Exercise	20 Workout/Exercise	21 Workout/Exercise	22 Workout/Exercise	23 Workout/Exercise	24 Workout/Exercise	25 Workout/Exercise		
			Activity Level	Activity Level	Activity Level	Activity Level		
			L M H	L M H	L M H	L M H		
26 Workout/Exercise	27 Workout/Exercise	28 Workout/Exercise	29 Workout/Exercise					
			Activity Level					
			L M H				L M H	L M H