

January 2012

**“It's not the weights that work the muscles,
it's the muscles that work the weights.”**

Scott Abel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Workout/Exercise Activity	2 Workout/Exercise Activity	3 Workout/Exercise Activity	4 Workout/Exercise Activity	5 Workout/Exercise Activity	6 Workout/Exercise Activity	7 Workout/Exercise Activity
Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H
8 Workout/Exercise Activity	9 Workout/Exercise Activity	10 Workout/Exercise Activity	11 Workout/Exercise Activity	12 Workout/Exercise Activity	13 Workout/Exercise Activity	14 Workout/Exercise Activity
Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H
15 Workout/Exercise Activity	16 Workout/Exercise Activity	17 Workout/Exercise Activity	18 Workout/Exercise Activity	19 Workout/Exercise Activity	20 Workout/Exercise Activity	21 Workout/Exercise Activity
Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H
22 Workout/Exercise Activity	23 Workout/Exercise Activity	24 Workout/Exercise Activity	25 Workout/Exercise Activity	26 Workout/Exercise Activity	27 Workout/Exercise Activity	28 Workout/Exercise Activity
Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H	Activity Level L M H
29 Workout/Exercise Activity	30 Workout/Exercise Activity	31 Workout/Exercise Activity				
Activity Level L M H	Activity Level L M H	Activity Level L M H				