

August 2017



loriclarkfitness

COMMIT. CHALLENGE. CREATE. CONQUER!

Focus: GET ACTION!

Did you know? We should be getting 150 minutes of cardio EVERY week. Use this calendar to keep up with your activity.

"The undertaking of a new action brings new strength."

Richard L. Evans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		