

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	50 CRUNCHES	GO ON A 15 MINUTE JOG OR WALK	10 MINUTES OF MEDITATION	JUMP ROPE FOR 2 MINUTES	WALK AN EXTRA BLOCK TO SCHOOL	
	A 10 MINUTE AB WORKOUT	LEARNING BREATHING METHODS	25 SIT-UP	1 MINUTE PLANK	ENJOY ONE HOBBY FOR 10 MINUTES	
	20 SQUATS	LEARN PROPER STRECHES	10 MINUTE LEG WORKOUT	HULA HOOP FOR 5 MINUTES	100 JUMPING JACKS	
	START A GRADITUDE JOURNAL	10 MINUTE ARM WORK OUT	LISTEN TO CALMING MUSIC FOR 5 MINUTES	DANCE TO A FEW OF YOUR FAVORTIE SONGS	25 LUNGES	