

Reminders:

- Drink water
- Stretch
- Take a rest day

What to log?

- Water intake
- Miles
- Rest days
- Other workouts

March 2022

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		

Save your finished calendar and email it to the Community Center before April 5. Once all submissions are received, one will be picked at random for a prize!
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