

Reminders:
Drink water
Stretch
Take a rest day

March 2021

What to log?
Water intake
Miles
Rest days
Other workouts

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!
deperecc@deperewi.gov

