

Reminders
 Drink water
 Stretch
 Take a rest day

February 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						

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

