

Reminders:
Drink water
Stretch
Take a rest day

April 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	



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