

Reminders:  
Drink water  
Stretch  
Take a rest day

# February 2022

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!  
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