

Reminders:
Drink water
Stretch
Take a rest day

April 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	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!
deperecc@deperewi.gov