

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 5AM Get Lifted	3 4PM Get Walking	4 9AM Get Lifted
5	6	7	8	9 5AM Get Lifted	10	11 9AM Get Lifted
12	13 5AM Get Lifted	14 4PM Get Walking	15 5AM Get Lifted	16 4PM Get Walking	17 6AM Get Lifted	18 9AM Get Lifted
19	20 6AM Get Lifted	21 4PM Get Walking	22 6AM Get Lifted	23 4PM Get Walking	24 6AM Get Lifted	25 9AM Get Lifted
26	27	28 6AM Get Lifted	29	30 6AM Get Lifted	31	

MY THREE GOALS FOR THE MONTH OF MAY:

- 1)
- 2)
- 3)