

## September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 HIIT Interval 1	5 Walk or Run 30 Minutes	6 Cardio Strength	7 Walk or Run 30 Minutes	8 Yoga or Walk	9 Burpee Cardio Workout
10 Rest or Walk	11 HIIT Interval 2	12 Walk or Run 30 Minutes	13 Cardio Strength 2	14 Walk or Run 30 Minutes	15 Yoga or Walk	16 Cardio Crazy Workout
17 Rest, Walk, or Yoga	18 Body Weight Strength Workout	19 Interval Run	20 Walk or Yoga	21 HIIT 3	22 Run or Walk 30 Minutes	23 Rest
24 Yoga or Walk	25 HIIT Interval 4	26 Cardio Strength 3	27 Interval Jog	28 HIIT Interval 1	29 Burpee Cardio	30 Rest

JENN MARASCO  
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