<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Have your parent initial each day you work out to earn your points!</td>
<td>Eat at least 2 fruits and 3 vegetables and drink 3 glasses of milk each day.</td>
<td>Do 50 sit-ups and 25 push-ups each day.</td>
<td></td>
</tr>
</tbody>
</table>

*Begin each workout with "gym stretches"*

**Running Tips**
*To alleviate cramping - Keep Breathing! Lean opposite way of the cramp! Suck in stomach muscles!*
**Always breathe in through your nose and out through your mouth.**

<table>
<thead>
<tr>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>OFF</td>
<td>1 min run/1 min walk for 20 minutes</td>
<td>2 min run/1 min walk for 20 minutes</td>
<td>Jog 15 min/walk 4 min</td>
<td>2 min run/1 min walk for 20 minutes</td>
<td>Jog 15 min/walk 6 min</td>
<td>Jog 17 min/walk 6 min</td>
</tr>
</tbody>
</table>

**REGISTRATION FORMS DUE TO MS. STOKES**
16 3 min run/3 min walk for 24 minutes
17 Jog 15 min/walk 6 min
18 2 min run/1 min walk for 20 minutes
19 Jog 18 min/walk 4 min
20 Jog 17 min/walk 6 min
21 3 min run/2 min walk for 24 minutes

22 OFF
23 3 min run/2 min walk for 24 minutes
24 Jog 18 min/walk 4 min
25 Jog 19 min/walk 6 min
26 3 min run/3 min walk for 24 minutes
27 Jog 18 min/walk 4 min
28 Jog 19 min/walk 6 min