

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
-----Measure Up-----						
13	14	15	16	17	18	19
-----Sitting and Sore No More-----						
20	21	22	23	24	25	26
-----HIIT the Ground Running-----						
27	28	29	30	31		
-----Fiscally Fit-----						

EVENTS

Measure Up

Dig out a measuring tape and record your measurements - it will give you a great way to track your progress throughout the year.

Sitting and Sore No More

Ditch your office chair and find a way to stand for at least 10 extra minutes each day this week. While you are up, try to do some toe-raises and stretch out a little bit!

HIIT the Ground Running

Find a way to work High Intensity Interval Training into your workout this week and maximize your exercise time. A sample one is attached, but feel free to look up your own too.

Fiscally Fit

Holiday spending coming home to roost? Take the time this week to set up a budget to get back on track. Every Dollar is a great free app to track spending and set up a budget.