



### My Personal Goals:

- **Exercise Goal:** \_\_\_\_\_
- **Nutrition Goal:** \_\_\_\_\_
- **Spiritual Goal:** \_\_\_\_\_

## Optimism in October

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 _____	31 _____	<b>Your goal is to MOVE and BE POSITIVE each day in October! Write your exercise on the line each day!</b>			

**STRETCH AT LEAST 5 MINUTES AFTER EACH WORKOUT**

*“Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worth of praise, think about these things.” Phil. 4:8*