

**My Personal Goals:**

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

**March Calendar Challenge**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ABSolutely Motivated in March-</b> Write in the abdominal exercise you complete each day Examples: 30 second planks, standing sit-ups, stability ball exercises, slow bicycle, lady bug				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 _____

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

*“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Psalm 139:14*