

Personal Exercise Calendar

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Monday	April 17	April 24	May 1	May 8	May 15	May 22	May 29
Tuesday	April 18	April 25	May 2	May 9	May 16	May 23	May 30
Wed.	April 19	April 26	May 3	May 10	May 17	May 24	May 31
Thursday	April 20	April 27	May 4	May 11	May 18	May 25	June 1
Friday	April 21	April 28	May 5	May 12	May 19	May 26	June 2
Saturday	April 22	April 29	May 6	May 13	May 20	May 27	June 3
Sunday	April 23	April 30	May 7	May 14	May 21	May 28	June 4

20 minutes of activity = 1 mile walked

