

MAY

Month TWO: MOVEMENT

Focus on moving our body in a way that feels good

5.14.18: HIT YOUR DAILY STEP GOAL

5.28.18: TRY SOMETHING NEW

IT ALWAYS SEEMS
IMPOSSIBLE UNTIL IT'S
DONE- NELSON MANDELA

S	M	T	W	T	F	S
		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		