

JANUARY FITNESS CALENDAR



CARDIO (3-5X/WEEK)
STRENGTH (2-3X/WEEK)
FLEXIBILITY (2-3X/WEEK)

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		