DR SQUAT (800) 732-2004
Proudly Supports
ISSA International Sports Sciences Association

# March 2012

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| "You want me to do something... tell me I can't do it." Maya Angelou | | | | 1 Workout/Exercise | 2 Workout/Exercise | 3 Workout/Exercise |
| | | | | Activity Level L M H | Activity Level L M H | Activity Level L M H |
| 4 Workout/Exercise | 5 Workout/Exercise | 6 Workout/Exercise | 7 Workout/Exercise | 8 Workout/Exercise | 9 Workout/Exercise | 10 Workout/Exercise |
| Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H |
| 11 Workout/Exercise | 12 Workout/Exercise | 13 Workout/Exercise | 14 Workout/Exercise | 15 Workout/Exercise | 16 Workout/Exercise | 17 Workout/Exercise |
| Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H |
| 18 Workout/Exercise | 19 Workout/Exercise | 20 Workout/Exercise | 21 Workout/Exercise | 22 Workout/Exercise | 23 Workout/Exercise | 24 Workout/Exercise |
| Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H |
| 25 Workout/Exercise | 26 Workout/Exercise | 27 Workout/Exercise | 28 Workout/Exercise | 29 Workout/Exercise | 30 Workout/Exercise | 31 Workout/Exercise |
| Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H | Activity Level L M H |