

prairienaturals®

January

STRENGTH CHALLENGE

Healthy
at any age | The Power
of Positive
Ageing



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Boxing Day	27	28	29	30	31 New Year's Eve	Jan 1 New Year's Day
2 be COMMITTED	3 20 squats 10 lunges	4 25 squats 15 lunges	5 25 squats 20 lunges	6 25 squats 25 lunges	7 25 squats 30 lunges	8 50 squats 15 lunges
9 50 squats 20 lunges	10 50 squats 25 lunges	11 50 squats 30 lunges	12 50 squats 35 lunges	13 50 squats 40 lunges	14 50 squats 45 lunges	15 75 squats 20 lunges
16 75 squats 25 lunges	17 75 squats 30 lunges	18 75 squats 35 lunges	19 75 squats 40 lunges	20 75 squats 45 lunges	21 75 squats 50 lunges	22 100 squats 30 lunges
23 100 squats 35 lunges	24 100 squats 40 lunges	25 100 squats 45 lunges	26 100 squats 50 lunges	27 100 squats 55 lunges	28 100 squats 60 lunges	29 125 squats 45 lunges
30 125 squats 50 lunges	31 125 squats 55 lunges	Feb 1 be EXCITED!	2	3	4	5