

prairienaturals®

May

STRENGTH CHALLENGE TRACKER

**SuperFoods
for
SuperDogs**



Let's get exercise!

Doing exercise increases the amount of oxygen delivered to your heart and muscles. Over time, this kind of activity benefits your heart, your muscles, your mood and self-esteem, and your amount of energy. It can lower your blood pressure, cholesterol, blood sugar, body fat, anxiety and depression, and fatigue.

New Products Checklist:

FitFuel / Derma Force / Liquid Collagen Solution / pH Strips

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 1	2	3	4	5	6	7
15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
8	9	10	11	12	13	14
20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes
15	16	17	18	19	20	21
25 minutes	25 minutes	25 minutes	25 minutes	25 minutes	25 minutes	25 minutes
22	23	24	25	26	27	28
30 minutes	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes
29	30	31	June 1	2	3	4
35 minutes	35 minutes	35 minutes				