



# April Challenge

	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
Walk																														
Plank																														
Hydrate*																														
Meditate																														
No-sugar																														

For basic fitness:

Walk for 21 minutes.

Plank for 2 minutes.

Meditate for at least 5 minutes.

\*Drink enough water to stay hydrated (your body weight X .67 = recommended ounces of water per day)

Avoid added sugar.