7	Tuesday	Wednesday	Thursday	Friday	Saturday
April 13 50 High Knees, 30 sec Plank (3 times through) 3 Glasses of Water	April 1450 High Knees, 30 sec Plank (3 times through)No Soda	April 15 50 High Knees, 30 sec Plank (3 times through) 3 Glasses of Water	April 16 50 High Knees, 30 sec Plank (3 times through) No Soda	April 17 50 High Knees, 30 sec Plank (3 times through) 3 Glasses of Water	April 18Get out and Play! 20 Minutes of cardio-based play today!
April 2010 Minutes Cardio Movement (walk, dance, jacks, run)5 Push UpsTry a Totally New Food	April 2110 Minutes Cardio Movement (walk, dance, jacks, run)10 Push UpsNo candy, cookies, sweets!	April 2210 Minutes Cardio Movement (walk, dance, jacks, run)15 Push Ups Try a Totally New Food	April 2310 Minutes Cardio Movement (walk, dance, jacks, run)20 Push UpsNo candy, cookies, sweets!	April 2410 Minutes Cardio Movement (walk, dance, jacks, run) As Many Push Ups As You Can! Try a Totally New Food!	April 25 Get out and Play! 20 Minutes of cardio- based play today!
April 27 15 Burpees, 15 Push Ups, 15 Sit Ups (3 times through) 3 Servings of Vegetables	April 28 15 Burpees, 15 Push Ups, 15 Sit Ups (3 times through) 3 Servings of Vegetables	April 29 15 Burpees, 15 Push Ups, 15 Sit Ups (3 times through) 3 Servings of Vegetables	April 30 15 Burpees, 15 Push Ups, 15 Sit Ups (3 times through) 3 Servings of Vegetables	May 1 15 Burpees, 15 Push Ups, 15 Sit Ups (3 times through) 3 Servings of Vegetables	May 2 Get out and Play! 20 Minutes of cardio- based play today!
May 4 Do As Many Push Ups As You Can!	May 5 Get Outside and Walk for 10 Minutes	May 6 Do As Many Push Ups As You Can!	May 7 Get Outside and Walk for 10 Minutes	May 8 Do As Many Push Ups As You Can!	May 9 Get out and Play! 20 Minutes of cardio- based play today!
May 1110 minutes of your favorite exercises!!	May 1210 minutes of your favorite exercises!!	May 1310 minutes of your favorite exercises!!	May 1410 minutes of your favorite exercises!!	May 1510 minutes of your favorite exercises!!	
	50 High Knees, 30 sec Plank (3 times through) 3 Glasses of Water April 20 10 Minutes Cardio Movement (walk, dance, jacks, run) 5 Push Ups 15 Burpees, 15 Push Ups, 15 Sit Ups (3 times through) 3 Servings of Vegetables May 4 Do As Many Push Ups As You Can! May 11 10 minutes of your favorite exercises!!			So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 Glasses of Water So High Knees, 30 sec Plank (3 times through) 3 May 12 10 Minutes Cardio Movement (walk, dance, jacks, run) 15 Push Ups 10 Minutes Cardio Movement (walk, dance, jacks, run) 15 Push Ups 15 Push Ups 20 Push	So High Knees, 30 sec Plank (3 times through)