

ACTIVITY TRACKER



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01	02	03 FITFridays	04	05
06	07 Podcast Ep.1	08	09	10 FITFridays	11	12
13	14 Podcast Ep.2	15	16	17 FITFridays	18	19 Father's Day
20	21 Podcast Ep.3	22	23	24 FITFridays	25	26
27	28 Podcast Ep.4	29	30			

FITFridays

JUNE 03
GET YOUR FITNESS BACK ON TRACK

JUNE 10
MOTIVATE AND ENCOURAGE EACH OTHER

JUNE 17
THE PERFECT WORKOUT WITH YOUR KIDS

JUNE 24
LOW IMPACT FULL BODY WORKOUT

Don't Change Much Podcast

EPISODE 1 - JUNE 7
MOVE YOUR BODY FOR YOUR MIND
TREVOR LINDEN & DR. JENNIFER HEISZ

EPISODE 2 - JUNE 14
FATHERHOOD & POSITIVE MENTORSHIP
KELLY HRUDEY & DR. DAVID KUHL

EPISODE 3 - JUNE 21
FACING ANXIETY
DALLAS SMITH & TC CARLING

EPISODE 4 - JUNE 28
MENTAL HEALTH IS A TEAM GAME
JOHN HERDMAN