

April 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<input type="checkbox"/> 10 crunches <input type="checkbox"/> 10 wall pushups <input type="checkbox"/> 5-second plank	<input type="checkbox"/> 10 crunches <input type="checkbox"/> 10 wall pushups <input type="checkbox"/> 5-second plank	BREAK	<input type="checkbox"/> 10 crunches <input type="checkbox"/> 10 wall pushups <input type="checkbox"/> 5-second plank	<input type="checkbox"/> 10 crunches <input type="checkbox"/> 10 wall pushups <input type="checkbox"/> 5-second plank
		1	2	3	4	5
BREAK	<input type="checkbox"/> 11 crunches <input type="checkbox"/> 11 wall pushups <input type="checkbox"/> 6-second plank	<input type="checkbox"/> 11 crunches <input type="checkbox"/> 11 wall pushups <input type="checkbox"/> 6-second plank	BREAK	<input type="checkbox"/> 11 crunches <input type="checkbox"/> 11 wall pushups <input type="checkbox"/> 6-second plank	<input type="checkbox"/> 11 crunches <input type="checkbox"/> 11 wall pushups <input type="checkbox"/> 6-second plank	BREAK
6	7	8	9	10	11	12
<input type="checkbox"/> 12 crunches <input type="checkbox"/> 12 wall pushups <input type="checkbox"/> 7-second plank	<input type="checkbox"/> 12 crunches <input type="checkbox"/> 12 wall pushups <input type="checkbox"/> 7-second plank	BREAK	<input type="checkbox"/> 12 crunches <input type="checkbox"/> 12 wall pushups <input type="checkbox"/> 7-second plank	<input type="checkbox"/> 12 crunches <input type="checkbox"/> 12 wall pushups <input type="checkbox"/> 7-second plank	BREAK	<input type="checkbox"/> 12 crunches <input type="checkbox"/> 12 wall pushups <input type="checkbox"/> 7-second plank
13	14	15	16	17	18	19
<input type="checkbox"/> 13 crunches <input type="checkbox"/> 13 wall pushups <input type="checkbox"/> 8-second plank	BREAK	<input type="checkbox"/> 13 crunches <input type="checkbox"/> 13 wall pushups <input type="checkbox"/> 8-second plank	<input type="checkbox"/> 13 crunches <input type="checkbox"/> 13 wall pushups <input type="checkbox"/> 8-second plank	BREAK	<input type="checkbox"/> 13 crunches <input type="checkbox"/> 13 wall pushups <input type="checkbox"/> 8-second plank	<input type="checkbox"/> 13 crunches <input type="checkbox"/> 13 wall pushups <input type="checkbox"/> 8-second plank
20	21	22	23	24	25	26
BREAK	<input type="checkbox"/> 14 crunches <input type="checkbox"/> 14 wall pushups <input type="checkbox"/> 9-second plank	<input type="checkbox"/> 14 crunches <input type="checkbox"/> 14 wall pushups <input type="checkbox"/> 9-second plank	BREAK			
27	28	29	30			

Believe you can and you're halfway there. -Theodore Roosevelt