

THE LEAN BERETS 30 30

30 DAYS FOR 30 MINUTES AND NO EXCUSES!

My New Year's Resolution: **JANUARY 2011**

A serious NO EXCUSES challenge and simple solution to America's decreasing health — 30 days in a row of exercising for at least 30 minutes a day. It can change your life for the better — mentally, physically, and even spiritually. Prerequisite? Dedicate then execute after you declare NO EXCUSES for yourself. Interested? Report for duty and get started!

RULES OF ENGAGEMENT:

1. 30 minutes per day minimum
2. 30 consecutive days in a row
3. No minimum pace required - just move!
4. Must be "dedicated time" for exercise
5. NO EXCUSES!

FILL IN THE INFORMATION BELOW AS YOU GO, AND REMEMBER...**NO EXCUSES!**

1 SATURDAY TYPE OF EXERCISE: HOW LONG:	2 SUNDAY TYPE OF EXERCISE: HOW LONG:	3 MONDAY TYPE OF EXERCISE: HOW LONG:	4 TUESDAY TYPE OF EXERCISE: HOW LONG:	5 WEDNESDAY TYPE OF EXERCISE: HOW LONG:	6 THURSDAY TYPE OF EXERCISE: HOW LONG:	7 FRIDAY TYPE OF EXERCISE: HOW LONG:
8 SATURDAY TYPE OF EXERCISE: HOW LONG:	9 SUNDAY TYPE OF EXERCISE: HOW LONG:	10 MONDAY TYPE OF EXERCISE: HOW LONG:	11 TUESDAY TYPE OF EXERCISE: HOW LONG:	12 WEDNESDAY TYPE OF EXERCISE: HOW LONG:	13 THURSDAY TYPE OF EXERCISE: HOW LONG:	14 FRIDAY TYPE OF EXERCISE: HOW LONG:
15 SATURDAY TYPE OF EXERCISE: HOW LONG:	16 SUNDAY TYPE OF EXERCISE: HOW LONG:	17 MONDAY TYPE OF EXERCISE: HOW LONG:	18 TUESDAY TYPE OF EXERCISE: HOW LONG:	19 WEDNESDAY TYPE OF EXERCISE: HOW LONG:	20 THURSDAY TYPE OF EXERCISE: HOW LONG:	21 FRIDAY TYPE OF EXERCISE: HOW LONG:
22 SATURDAY TYPE OF EXERCISE: HOW LONG:	23 SUNDAY TYPE OF EXERCISE: HOW LONG:	24 MONDAY TYPE OF EXERCISE: HOW LONG:	25 TUESDAY TYPE OF EXERCISE: HOW LONG:	26 WEDNESDAY TYPE OF EXERCISE: HOW LONG:	27 THURSDAY TYPE OF EXERCISE: HOW LONG:	28 FRIDAY TYPE OF EXERCISE: HOW LONG:
29 SATURDAY TYPE OF EXERCISE: HOW LONG:	30 SUNDAY TYPE OF EXERCISE: HOW LONG:	<h1>ON TARGET!!!</h1>				

