

# THE LEAN BERETS



**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!**

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

