

# March 2018

March Accountability Group: Check in often!



Focusing on nutrition and pairing with activity!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Pick 1 day a week that you would like to have as your off day and color those days in. You will rest on that day.

Write down how many days you will allow yourself to miss a workout. Anywhere between 0-3

Your workouts can be any activity you choose. The goal is to mark off your day, every day that you work out.

Meal Prep helps keep you accountable but isn't necessary, some people do just fine with a meal plan.

If you use a tracking app for nutrition be sure to adjust your goals to meet your dietary needs.

"It always seems impossible until it's done."

Nelson Mandela