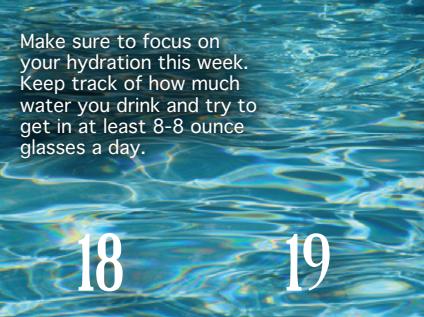
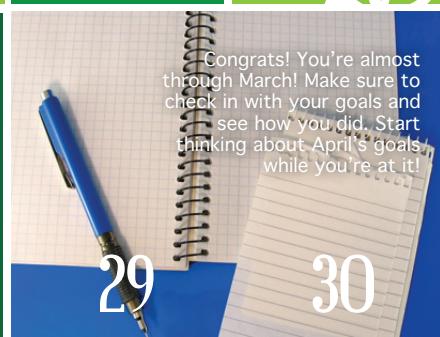


March

sun	mon	tue	wed	thu	fri	sat
3 Today schedule your workouts for the week. Go ahead and pencil them into your calendar like any other appointment.	 Did you know that you are far more likely to stick with a workout routine if you commit with a friend? Find yourself a workout buddy this week and try this two-person workout. bit.ly/nM3IQs 5	love your body. We can be so hard on ourselves sometimes. Take a moment today and write down what you like about your body and why. 6	7 Go green. Try to eat something green at every meal of the day. And no, green candy doesn't count! 8	Empowered. Today is International Women's Day. Celebrate by thinking of the strongest woman in your life. What qualities does she have that make her so admirable? How can you be a little more like her? 9	 See if you can get in at least five servings of fruits and veggies today.	
10 Don't forget to spring forward today. Enjoy the extra hour of daylight this evening with an after-dinner walk.	An apple a day... Today is Johnny Appleseed day. Make sure you nom on an apple or two today to honor his hard work. 11	Push it up. Pushups work almost every muscle in the body. See how many pushups you can do today. Try to add one per day for the rest of the month. 12	 The 14th is National Potato Chip Day. Instead of celebrating with a giant bag of Ruffles, try your hand at making your own baked chips at home. bit.ly/vaIZHU 13	14	 Meatless isn't just for Mondays anymore. Skip the meat and have a full day of vegetarian meals. 15	16 Prep. Use some of your free time this weekend to prep food for the upcoming week. Slice veggies, boil eggs, make granola bars.
17 Top o' the mornin'! Happy St. Patrick's Day! Drink a green beer, go see a parade, have fun!	 Make sure to focus on your hydration this week. Keep track of how much water you drink and try to get in at least 8-8 ounce glasses a day. 18	 Happy first day of Spring! Celebrate the change in season by getting out and getting in an outdoor workout. 20	Rest. Rest days are just as important as workout days. Take today off and let your body recuperate. 21	22 Eat the rainbow. Try to get in a fruit or vegetable in every color of the rainbow today—red, orange, yellow, green, blue and purple. 23	Go hard. Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover. 24	
 Happy Easter! Enjoy a day off with your family. Go ahead, eat some candy, too (but not too much!). 31	Waffling. It's International Waffle Day! Make yourself a waffle or two to celebrate. Instead of the butter and syrup, try fruit, yogurt or peanut butter as toppings. 25	 Summer is right around the corner, and now is time to make some goals. Where do you want to go? What do you want to see? What would you like to accomplish? 26	Stretch. Stretching is a great component to add to any workout routine. Try out this stretch plan to work on your flexibility and help prevent injury. bit.ly/Y26JVI 27	28 Tabata Thursday Want to a quick and hardcore workout? Try out tabata sprints today. tabatatraining.org 29	 Congrats! You're almost through March! Make sure to check in with your goals and see how you did. Start thinking about April's goals while you're at it! 30	

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to drink water instead of soda may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check in daily to see what little thing you can do to keep healthy and strong.