

THE LEAN BERETS

30 DAYS FOR 30 MINUTES AND NO EXCUSES!

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 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	2 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	3 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	4 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	5 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	6 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	7 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:
8 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	9 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	10 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	11 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	12 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	13 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	14 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:
15 DATE: HALFWAY!!! / / TYPE OF EXERCISE: HOW LONG:	16 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	17 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	18 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	19 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	20 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	21 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:
22 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	23 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	24 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	25 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	26 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	27 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	28 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:
29 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:	30 ENTER DATE: / / TYPE OF EXERCISE: HOW LONG:					

ON TARGET!!!

NOW KEEP IT GOING!

