

“Never give up on a dream because of the time it will take to accomplish it. The time will pass anyway.”

–Earl Nightingale

APRIL GOALS:



www.PoleBody.com

APRIL 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Happy April! Set clear goals for the month and write them in the left column.	2 Thirsty Thursday! Grab a cup of water on the hour, every hour, throughout the work day.	3 Flexy Friday! Make the PoleBody Strawberry Ginger Smoothie for after you stretch.	4 Change your life! PoleBody Blueprint starts in just over a week. Sign up at PoleBody.com.
5 Happy Easter!	6 Start your day off with a healthy breakfast. See PoleBody.com for inspiration!	7 Take three quick stretch breaks throughout the day today.	8 Make a batch of PoleBody Pops (recipe in the PB starter guide) to eat this week.	9 Make a list of your favorite healthy meals to refer to next time you meal prep.	10 Foam Roll Friday! Put your foam roller to work today.	11 Plan a delicious healthy dinner. Eat at the table and play some relaxing music.
12 PoleBody Blueprint 21 day program starts today!	13 Keep a food journal this week. (But don't count calories. Notice nutrition instead!)	14 Spring clean your pantry! Remove anything that doesn't support your goals.	15 Go dairy- and gluten-free at dinner tonight. (Think: protein + vegetables)	16 Create a #PoleBodyPrep playlist to listen to when you meal prep this weekend.	17 Flexy Friday! Enjoy a deep stretch session today.	18 Smoothie Saturday! What's in your blender today?
19 Do your PoleBody Prep! Take some time to portion out healthy snacks for the week.	20 Write out your fitness schedule for the week. Plan ahead so you stick with it!	21 Remember, if it doesn't challenge you, it doesn't change you. Stick with those goals!	22 Try a new healthy recipe today.	23 Support a fellow poler! Leave a positive comment on a pole photo or video online.	24 Fresh Food Friday! Focus on eating more raw produce today. Fit in those fruits and veggies!	25 Stretchy Saturday! Stretch out while watching your favorite TV show.
26 Time for PoleBody Prep! Don't forget to pack lunches for the work week.	27 Upgrade your environment! Put fresh flowers in your home today.	28 Get out of your usual food routine by picking up a new vegetable to try.	29 Wind Down Wednesday! Read a chapter of a good book before bed tonight.	30 Review those goals! What went well this month? What do you need to change in May?		