

2020

November

JORDAN SIMONE WELLNESS LLC

SUN	MON	TUE	WED	THUR	FRI	SAT
1 10 push-ups	2 10 squats	3 10 min walk	4 10 push ups	5 10 squats	6 10 min walk	7 express gratitude by writing all that you're thankful for
8 12 pushups	9 12 squats	10 12 min walk	11 12 push ups	12 12 squats	13 12 min walk	14 spend 3 min , eyes closed, focused on your breath
15 15 push ups	16 15 squats	17 15 min walk	18 15 push ups	19 15 squats	20 15 min walk	21 do something nice for someone
22 18 push ups	23 18 squats	24 18 min walk	25 18 push ups	26 18 squats	27 18 min walk	28 express yourself creatively - draw, photograph, dance, paint, etc.
29 20 push ups & 20 squats	30 20 min walk	<p>"YOUR VISION ISN'T THE END GOAL. IT'S THE TOOL. IT FULFILLS AND FUELS ITSELF."</p> <p>- Nathassia Corzo</p>				

