

January 2023

Workout & Nutrition Focus

Date	Work out	No Sugar or Gluten	50+ oz Water	Date	Work out	No Sugar or Gluten	50+ oz Water	Date	Work out	No Sugar or Gluten	50+ oz Water
1/2				1/12				1/22			
1/3				1/13				1/23			
1/4				1/14				1/24			
1/5				1/15				1/25			
1/6				1/16				1/26			
1/7				1/17				1/27			
1/8				1/18				1/28			
1/9				1/19				1/29			
1/10				1/20				1/30			
1/11				1/21				1/31			