

## My Aerobic Exercise and Nutrition

### October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous
				<b>1</b>	<b>2</b>	<b>3</b>
<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	<b>Daily Servings:</b> Fruits: Veggies: Grains: Nuts/Seeds:  <b>Exercise:</b> <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Vigorous
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

