

Summer Solstice to Autumn Equinox Exercise Streak

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Exercise” can be cardio, weights, sculpting, yoga, classes—whatever gets you moving for at least 30 minutes!</p>					<p>June</p> <p>21</p>	<p>22</p>
23	24	25	26	27	28	29
30	<p>July</p> <p>1</p>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	<p>August</p> <p>1</p>	2	3

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<i>September</i>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23					