

January 10 to January 16, 2010

Week 2

	Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
08		P. 90 X. cardio	P. 90 X. Ab Ripper	P. 90 X. Yoga	P. 90 X. Yoga	P. 90 X. Plyometrics	
09	P. 90 X. chest shoulders/chest back						
10		Manage e-mail	Blog writing.	Manage e-mail	Blog writing.	Manage e-mail	P. 90 X. X stretch/kenpo
11		Self promotion.	Self promotion.	Self promotion.	Self promotion.	Self promotion.	
12	Meditate.	Meditate. Lunch.	Meditate. Lunch.	Meditate. Lunch.	Meditate. Lunch.	Meditate. Lunch.	Meditate.
13							
14		Production.	Production.	Production.	Production.	Production.	Spanish Lessons
15							
16							
17							
18	Bike Ride	Bike Ride	Bike Ride	Bike Ride	Bike Ride	Bike Ride	Bike Ride
19							
20				Spanish Lessons			
21							
22							