PEHP HEALTHY UTAH'S WORKOUT WARRIOR PROGRAM



MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			PK			
STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES
SIEPS/MILES	STEP3/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES
			THY 73			
STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES
STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES
JIEP3/MILE3		STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES
			naun			
			РСНР			
STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES	STEPS/MILES
			NKRY			
STEPS/MILES STEPS/MILES STEPS/MILES STEPS/MILES STEPS/MILES						
For details visit www.pehp.org/healthyutah/workout-warrior MONTHLY TOTAL:						