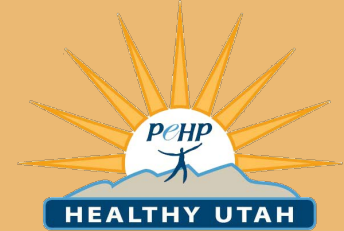


PEHP HEALTHY UTAH'S
WORKOUT WARRIOR
 PROGRAM



MONTH:

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 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 |
| 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 |
| STEPS/MILES | STEPS/MILES | STEPS/MILES | STEPS/MILES | STEPS/MILES | STEPS/MILES | STEPS/MILES |

For details visit www.pehp.org/healthyutah/workout-warrior

MONTHLY TOTAL: