MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Moderate-Intensity Aerobic Activity: 150 Minutes a Week & 2+ Days of Strengthening Exercises						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Moderate-Intensity Aerobic Activity: 150 Minutes a Week & 2+ Days of Strengthening Exercises						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Moderate-Intensity Aerobic Activity: 150 Minutes a Week & 2+ Days of Strengthening Exercises						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Moderate-Intensity Aerobic Activity: 150 Minutes a Week & 2+ Days of Strengthening Exercises						