



# ASPATA

## November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	<b>WORKOUT OF THE WEEK (6AM) *SCHEDULE</b>	PROMO OF THE MONTH <b>MONTH LONG CHALLENGE</b>		<b>NUTRITION TIP</b>		<b>MOTIVATIONAL PIC</b>
6	7	8	9	10	11	12
<b>RECOVERY TIP</b>	<b>WORKOUT OF THE WEEK (6AM) *SCHEDULE</b>	<b>EXERCISE TIP</b>	<b>SERVICES AD</b>	<b>NUTRITION TIP</b>		<b>MOTIVATIONAL PIC</b>
13	14	15	16	17	18	19
<b>STRESS MANAGEMENT TIP</b>	<b>WORKOUT OF THE WEEK (6AM) *SCHEDULE</b>	<b>EXERCISE TIP</b>		<b>NUTRITION TIP</b>		<b>MOTIVATIONAL PIC</b>
20	21	22	23	24	25	26
<b>RECOVERY TIP</b>	<b>WORKOUT OF THE WEEK (6AM) *SCHEDULE</b>	<b>EXERCISE TIP</b>	<b>SERVICES AD</b>	<b>NUTRITION TIP</b>		<b>MOTIVATIONAL PIC</b>
27	28	29	30			
<b>LIFESTYLE TIP</b>	<b>WORKOUT OF THE WEEK (6AM) *SCHEDULE</b>	<b>EXERCISE TIP</b>	<b>CLIENT OF THE MONTH OR TESTIMONIAL</b>			
	<b>Notes:</b>					
	Exercise tips include little tricks or skills. Nutrition tips are recipes, ways to boost health, simple snacks or late nite snacks. Workout of the week should be doable for at home or the gym.					