



01

JANUARY

Health & Fitness

If getting fit and more healthy is one of your New Year's Resolutions, then CCPL is here to help. Our digital collection is available in the form of e-books, music, videos, and digital magazines.

<https://www.ccplonline.org/read-watch-listen/downloads/>

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Lunge Into Your Weekend 	2 Take a hike
3 Plan your meals for the week	4 Ab Day Monday!	5 Start the day with a detox Beverage	6 Walk on Wednesday w/ Freegal	7 FAMILY STRETCH TIME	8 Car Meditation	9 DIY Facial
10 <i>Read & Relax</i> 	11 Meatless Monday	12 Make Your Doctor's Appts.	13 Workout Wednesday Kanopy 	14 Clean Out Your Closet	15 Try a Class	16 Write a letter to an old friend
17 Cooking Challenge Something New	18 <i>Cut Out the Sugar</i> 	19 Build an indoor fort	20 Workout Wednesday Hoopla	21 Family meeting Life Goals	22 Gratitude Journal	23 Saturday Squats
24 SUBSTITUTION SUNDAY Water for Soda Fish & Beans for Meat	25 Double your usual Walk!	26 PUSH THRU 50 PUSH UPS	27 Wind Down Wednesday With a Good Book	28 Cut out Processed Food 	29 DANCE	30 Silly Saturday Everyone eat dinner with a big serving utensil!!
31 Listen to an Audio book & Take a Walk						