

# 90-Day Workout Plan

## Spring 90-Day (Feb-Apr)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				Take advantage of spring sales & buy winter sportswear
				Daylight savings in March - Extra daylight for walks
				Set fitness goal for summer reunions, weddings & trips

## Summer 90-Day (May-July)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				Wear sunscreen and drink plenty of water
				Schedule an alternative workout during vacation
				Check community colleges for fall fitness classes

## Fall 90-Day (Aug-Oct)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				Take advantage of fall sales & buy summer sportswear
				Back to School season offers athletic shoe sales
				Hire a trainer for upcoming holiday season

## Winter 90-Day (Nov-Jan)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				Daylight savings ends - Plan some indoor activities
				Rent a workout DVD from your local library
				A pedometer will track your holiday shopping miles!