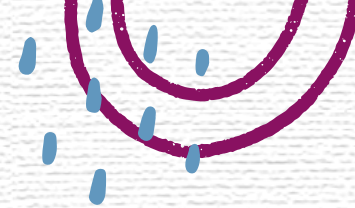


August 2022



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 Move Your Body Monday Shrug out Your Neck And Shoulder Tension! <ul style="list-style-type: none"> Lift shoulders to your ears. HOLD 4secs Squeeze your blades together. HOLD 4secs Slowly lower blades down your back. Repeat 5x throughout the day 	2 Tenacious Tuesday "Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek." — Mario Andretti	3 Well-Balanced Wednesday Balance Beam Walk - Heel Toe <ul style="list-style-type: none"> Let your arms assist your balance anyway you want Walk forward - place heel to the toe of your other foot Try to walk backward - place toe to the heel of your other foot. 	4 Think About It Thursday What would make this month feel POWERFUL to you?	5 Fearless First Friday Name Your OUT OF THE COMFORT ZONE plan for August! <i>Accountability Check in! - Share it with me: ejwcoach@ericajoneswoolley.com</i>	6 Sweat It Out Saturday Crunches 25 ** Push Ups 15 Oblique Twists 30 ** DownDog to Plank 15 Full Body Crunch Extensions 25 Rest and Repeat up to 4x
7 Super Sunday  Plan your Move-More Sessions this week!	8 Move Your Body Monday Breathe Deeper Stretches <ul style="list-style-type: none"> Arms Up and Reach Tall Side Body Stretch R side Side Body Stretch L side Arms Push Forward/Round your back. Arms Reach Behind/Lift your chest Repeat as needed throughout the day	9 Tenacious Tuesday "You are never too old to set another goal, or to dream a new dream." — Les Brown	10 Well-Balanced Wednesday Create Balance in Your Life Essentials <ul style="list-style-type: none"> Eat Healthy Food Choices Get Plenty of Sleep Drink Water Move your body Avoid the Negative Self-Talk 	11 Think About It Thursday What motivates you to commit to your health?	12 Feel Good Friday Turn off all your devices this weekend! (Even if for only a little while each day)	13 Sweat It Out Saturday Squats 25 ** Pushups 25 Alt Lunges 50 ** Crunches 25 Russian Twists 50 Rest and Repeat up to 4x
14 Super Sunday <ul style="list-style-type: none"> Plan your menus for this week. Write down what days you will strength train this week. 	15 Move Your Body Monday Sit Down Stand up You Guessed! Air Squat Day! <ul style="list-style-type: none"> 15 Squats in the Morning 20 Squats after Lunch 15 Squats before Bedtime YOU ROCKED 50 Today! 	16 Tenacious Tuesday  "Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they lead." — Louisa May Alcott.	17 Well-Balanced Wednesday Wash Your Hands Side Kicks Every time you wash your hands during the day - do 5 R sidekicks and 5 L sidekicks Activate your ABductors!	18 Think About It Thursday  What time of day do you feel most energetic? Least energetic?	19 Feel Good Friday Write thank you notes to three people you are grateful for in your life this weekend. It will make their day to read them!	20 Sweat It Out Saturday Air Squats 25x Push-ups 25x Right Lunges 25x Left Lunges 25x Crunches 25x Downdog to Plank 25x
21 Super Sunday Plan Your Week. Read a Book Call a friend and catch up! 	22 Move Your Body Monday Push Ups Your Way Wall, Counter, Floor Tabletop, Knees, Full Body - You Choose! <ul style="list-style-type: none"> 15 Pushups in the Morning 20 Pushups after Lunch 15 Pushups before Bedtime 	23 Tenacious Tuesday "Changes that seem small and unimportant at first will compound into remarkable results if you're willing to stick with them for years." — James Clear	24 Well-Balanced Wednesday Healthy Add Ins instead of Eliminating <ul style="list-style-type: none"> Eating healthy doesn't have to start with eliminating foods - instead try adding in a few more healthy choices and listen to your body! 	25 Think About It Thursday How would achieving your out of the comfort zone plan feel?	26 Feel Good Friday Create a favorite song playlist! 	27 Sweat It Out Saturday Walking Burpee + 5 pushups 8 x Pilates Roll-Ups + 10 Twists 8 x Pushups+ Alt 4 Shoulder Tap 8x Crunch + Alt 4 Oblique Twist 8x HAPPY BIRTHDAY ERICA! 
28 Super Sunday Last Sunday of the Month! New GOALS! New PLANS! What brave and bold plans are you formulating for September? <i>Accountability Check in! Share it with me: ejwcoach@ericajoneswoolley.com</i>	29 Move Your Body Monday Knees and Toes! Knees and Toes! Make sure to warm-up first! <ul style="list-style-type: none"> Reach arms overhead Tip from your hips Hands on your thigh and if you can touch your knees and if you can reach for your toes. 	30 Tenacious Tuesday Another Perspective! What's your Plan! "Stop setting goals. Goals are pure fantasy unless you have a specific plan to achieve them." —Stephen Covey	31 Well-Balanced Wednesday Tip Toe Through the Tulips Try walking on your tip toes! Activate foot mobility, ankle mobility, calf strength and BALANCE! 	1 Breathe the sweetness that hovers in August. ~ Denise Levertov		

