

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Nutrition Challenge <i>Try one new recipe each week</i>						1 Friday Night Lights 19.2	2
3	4	5 Primary Strength: Snatch	6 Gymnastic: Strict Pull-Up	7 Second Strength: Clean & Jerk OPEN 19.3 Announcement!	8 Friday Night Lights 19.3	9	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10	11	12 Gymnastic: Strict Pull-Up	13 Primary Strength: Snatch	14 OPEN 19.3 Announcement!	15 Second Strength: Clean & Jerk Friday Night Lights 19.4	16	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17	18	19 Primary Strength: Snatch	20 Gymnastic: Strict Pull-Up	21 Second Strength: Clean & Jerk OPEN 19.3 Announcement!	22 Friday Night Lights 19.5	23	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24	25 Primary Strength: Snatch	26	27	28 Gymnastic: Strict Pull-Up	29	30 Second Strength: Clean & Jerk	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
31	PROGRESSIVE PROGRAMMING www.prsallday.com - @prsallday Available on SugarWOD						
<input type="checkbox"/>							