

Motivational Monday	Tasty Tuesday	Workout Wednesday	(No) Trash Thursday	Funny Friday
			1 What do to with giveaways or prizes.	2 Q: Why don't they galvanize ships to prevent corrosion? A: That would make them zinc.
5 The secret of getting ahead is getting started. – Mark Twain	6 <u>Chicken Fajita Roll-ups</u>	7 Arm Pulses: Stand up at your desk with arms by your sides and palms facing behind. Pulse the arms backward for 20 seconds.	8 Refuse: to accept the giveaway or prize if you know it will end up in the trash.	9 Q: Why does a pound of hamburger have less energy than a pound of steak? A: Because it is in the ground state.
12 What you get by achieving your goals is not as important as what you become by achieving your goals. – Zig Ziglar	13 <u>Sun-dried Tomato and Broccoli Pasta</u>	14 Arm Circles: Stand with arms extended straight out to sides at shoulder height. Circle arms 20 times backward, switch directions, and repeat.	15 Reduce: ask yourself if you will use any or all of the giveaways or prizes.	16 Q: Why do chemists call helium, barium and curium the medical elements? A: Because if you can't helium or curium, you barium!
19 If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success. – John D. Rockefeller	20 <u>Asian Garlic Steak Skewers</u>	21 Calf Raises: Stand up and raise your heels off the floor until you are standing on your toes. Lower back to floor. Do 3 sets of 10.	22 Reuse/repurpose: If you've already used it for its intended purpose, can you reuse or repurpose it?	23 A proton, a neutron, and an electron went out for dinner. The waiter divided the bill in half. The 3 particles pointed out the mistake, but the waiter said, for you neutron, no charge.
26 Knowing is not enough; we must apply. Willing is not enough; we must do. – Johann Wolfgang von Goethe	27 <u>Parmesan Zucchini and Corn Bowl</u>	28 Shoulder Stretch: Clasp hands together above the head with palms facing up toward ceiling, Push arms up, stretching upward.	29 <u>Recycle</u> : If you can no longer use it, check whether it can be recycled instead of thrown in the trash!	30 Never trust an atom...They make up everything.