

| Motivational Monday | Tasty Tuesday | Workout Wednesday | (No) Trash Thursday | Funny Friday |
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| | | | 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. |
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