

Motivational Monday	Tasty Tuesday	Workout Wednesday	(No) Trash Thursday	Funny Friday
	1 Roasted Garlic, Goat Cheese and Tomato Pasta	2 The Mover and Shaker – Release stress and spark some energy with a quick bout of seated dancing when no one is looking! Salsa anyone?	3 Plastics 1: PETE (polyethylene, terephthalate). Easiest to recycle, soda/water bottles, food packaging. Plastics 2: HDPE (high density polyethylene). Easy to recycle, detergent, bleach, milk, motor oil bottles.	4 Q: What do ghosts use to wash their hair? A: Shamboo!
7 Believe in yourself! Have faith in your abilities! Without humble but reasonable confidence in your own powers, you cannot be successful or happy. – Norman Vincent Peale	8 Classic Pot Roast	9 The Cubicle Wanderer – Take a stroll down the hall to catch up with coworkers or welcome a new employee. Just beware of tempting candy jars when making the rounds.	10 Plastics 3: PVC (polyvinyl chloride). Difficult to recycle, major environmental and health threat, plastic piping, toys, furnishings.	11 Q: What kind of dessert does a ghost like? A: I scream!
14 Failure will never overtake me if my determination to succeed is strong enough. – Og Mandino	15 Balsamic Chicken and Sweet Potato Salad	16 The Patient Printer – Why lackadaisically stand by the printer when you could be sculpting your calves with calf raises? Press up on tippy toes, pause at the top, then lower back down.	17 Plastics 4: LDPE (low-density polyethylene). Can be recycled into same, plastic wrap, grocery bags. Plastics 5: PP (polypropylene). Can be recycled into fibers, clothing, bottles, tubs, rope.	18 Q: What does a skeleton say before dinner? A: Bone appetit!
21 Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step. – Lao Tzu	22 4 Ingredient Taco Chicken	23 The Lunch Break Hammy - Strengthen the hamstrings with a standing leg curl. Stand behind chair, kick one foot back, lower, then repeat with other leg. Do 10 reps, then do 10 more.	24 Plastics 6: PS (polystyrene-styrofoam). Bulky, difficult to recycle, could be reused for other purposes, cups, foam food trays, packing peanuts.	25 Q: Why didn't the skeleton cross the road? A: He didn't have any guts!
28 Consult not your fears but your hopes and dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do. – Pope John XXII	29 Easy Caprese Pasta	30 The Stapler Curl – Seated or standing, take stapler in one hand and perform a regular dumbbell biceps curl. Do 12-15 reps then switch arms. Also try a filled water bottle or heave change purse.	31 Plastics 7: Other (mixture of other plastics). Not easy to recycle, avoid it if you can.	