

# Month of Mama 2017:

## MOVE AND TAKE CARE OF YOU

MONDAY AM	MONDAY PM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mama Meditation	1 BOB® Stroller Workout	2 Walk, breathe, do you.	3 HIIT It Mama Workout	4 Yoga + Stretch Routine	5 Family BOB® Walk	6 Take the family to the Farmers Market or a hike!	7 Family Meal Prep
Mama Meditation	8 BOB® Stroller Workout	9 Walk, breathe, laugh.	10 HIIT It Mama Workout	11 Yoga + Stretch Routine	12 Family BOB® Walk	13 Adventure Outside with your Family	14 Family Meal Prep
Mama Meditation	15 BOB® Stroller Workout	16 Walk, nap, smile.	17 HIIT It Mama Workout	18 Yoga + Stretch Routine	19 Family BOB® Walk	20 Partner Workout with the BOB®	21 Family Meal Prep
Mama Meditation	22 BOB® Stroller Workout	23 Walk, pat yourself on the back.	24 HIIT It Mama Workout	25 Yoga + Stretch Routine	26 Family BOB® Walk	27 Hit up a Stroller Strides Class!	28 Family Meal Prep

