

90-Day Workout Plan

Spring 90-Day (Feb-Apr)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				<i>Take advantage of spring sales & buy winter sportswear</i> <i>Daylight savings in March - Extra daylight for walks</i> <i>Set fitness goal for summer reunions, weddings & trips</i>

Summer 90-Day (May-July)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				<i>Wear sunscreen and drink plenty of water</i> <i>Schedule an alternative workout during vacation</i> <i>Check community colleges for fall fitness classes</i>

Fall 90-Day (Aug-Oct)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				<i>Take advantage of fall sales & buy summer sportswear</i> <i>Back to School season offers athletic shoe sales</i> <i>Hire a trainer for upcoming holiday season</i>

Winter 90-Day (Nov-Jan)

Activity Description	Potential Obstacles	Alternative Solutions	Rewards	Tips
				<i>Daylight savings ends - Plan some indoor activities</i> <i>Rent a workout DVD from your local library</i> <i>A pedometer will track your holiday shopping miles!</i>