



# MY ACTIVE LIFESTYLE CALENDAR 2014

MONTH	TYPE OF EXERCISE example : (RUNNING/WALKING/SWIMMING/AEROBIC/ETC.)																															MONTHLY TARGET	ACHIEVEMENT				
	WORKOUT DURATION (MINUTES)																																				
DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		I M :				
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Talent wins games but teamwork & intelligence wins championship

Once you learn to quit, It becomes a habit

Slow progress is better than no progress

The pain you feel today, will be the strength you feel tomorrow

## RUNNING EVENTS HIGHLIGHTED

- Find NASHATA at Women Marathon
- Standard Chartered, Penang Bridge International, Back 2 Endurance, Borneo International Marathon, Putrajaya 12 Hours Walk, XTerra World Series Malaysia, Titi 100 Road Ultra Marathon, The Burden Run, XTerra Night Trail
- Public Holiday
- Weekend
- Find NASHATA at Score 2014

## PUBLIC HOLIDAY

- 01 Jan - New Year's Day
- 14 Jan - Prophet Muhammad's Birthday
- 17 Jan - Thai Pusam
- 31 Jan & 1 Feb - Chinese New Year
- 03 Feb - Federal Territory Day
- 01 May - Labour Day
- 13 May - Wesak Day
- 07 June - Agong's Birthday

- 15 July - Nuzul Alquran
- 28 & 29 July - Hari Raya Aidilfitri
- 01 Sept - Merdeka Day
- 16 Sept - Malaysia Day
- 06 Oct - Hari Raya Haji
- 23 Oct - Deepavali
- 25 Oct - Awal Muharram
- 11 Dec - Sultan of Selangor's Birthday
- 25 Dec - Christmas

## I M ???

- Amazing : 5x / week
- Awesome : 4x / week
- Average : 3x / week
- Apathetic : < 3x / week