

MY ACTIVE LIFESTYLE CALENDAR 2014

MONTH	TYPE OF EXERCISE example : (RUNNING/WALKING/SWIMMING/AEROBIC/ETC.) WORKOUT DURATION (MINUTES)														_	MONTHLY TARGET	ACHIEVEMENT																
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Talent wins games but teamwork & intelligence wins championship

nashata.com

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 Find NASHATA at Score 2014 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

PUBLIC HOLIDAY

01 Jan - New Year's Day

14 Jan - Prophet Muhammad's Birthday

17 Jan - Thaipusam

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 Alguran

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

IM???

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