

**FITNESS FÜR MÜTTER UND KINDER: 25 TIPPS FÜR  
EIN FAMILIEN-WORKOUT (GERMAN EDITION)**

**Suzan R. Simi**

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Thanks for the calendar. Anyone in the upstate ny area? Cityandstateareonlydisplayedinourprintmagazineifyourcommentischos I tried this once a while back, but I only got to day 6 and got behind and gave up. The 30 day challenge is complete everyone should feel a since of cleansing from the water challenge.

PleasewishmelucksoIcansuccessfullycompletethiscalenderandthenpush need a buddy to help with getting more exercise and eating. Is it okey if I do sometimes the workout in the night?