

RISE & SHINE

YMCA OF BUCKS COUNTY

First/last name or nickname: _____

Personal mantra or quote: _____

What I hope to achieve at the conclusion of this experience: _____

	MON	TUE	WED	THU	FRI
JULY	26	27	28	29	30
AUGUST	2	3	4	5	6
AUGUST	9	10	11	12	13
AUGUST	16	17	18	19	20
AUGUST	23	24	25	26	27
AUG/SEPT	30	31	1	2	3

