

Jane's 2009 Goals

Live fit, connect more deeply and laugh a lot.

Listen fully, gracefully engage conflict, motivate and inspire great health and be grateful.

Live as a greatly loved child of God!

January, February, March

250 miles	January News and Video	Friends Dinner/Ping Pong Night	10 min QT daily
25 weights	February News and Video	Drive Hummer	12 x church
12 wk stretch class	March News and Video	Skate/Sled/Night Ski	Pray 3x w friend
12 Krav workouts	Talk 1 2 3	Columns night	Bible study
12 interval workouts	10 Wellcoach classes	Finish downstairs remodel	½ day retreat
6:29 mile	Generations Data	Paint upstairs	
Bench 115 or 50's	Read 5 Books	Paint 2 pictures	
	Recertified	Play racquetball	

April, May, June

250 miles	April News and Video	Musky/ Walleye Guide	10 min QT daily
25 weights	May News and Video	Golf Lessons	12 x church
12 wk stretch class	June News and Video	Spa day	Pray 3x w friend
12 Krav workouts	Talk 1 2 3	Noah's Ark	Bible study
12 interval workouts	10 Wellcoach classes	Fishing tourney	½ day retreat
< 23 3 mile	Generations Research	10 Year Anniversary Celebration	
	Read 5 Books	Tuesday bike night	

July, August, September

250 miles	July News and Video	Kayak Lake Michigan waves	10 min QT daily
25 weights	August News and Video	Golf tourney	12 x church
12 wk stretch class	September News and Video	Ocean fish w Sharon	Pray 3x w friend
12 Krav workouts	Talk 1 2 3	Dock w Christine	Bible study
12 interval workouts	10 Wellcoach classes	Explore new bike trail	½ day retreat
3:15 Plank	Boston Conference	Upstairs remodel	
	Read 5 Books	Paintball	

October, November, December

250 miles	October News and Video	Violin lessons	10 min QT daily
25 weights	November News and Video	Shoot a grouse	12 x church
12 wk stretch class	December News and Video	New fall hike	Pray 3x w friend
12 Krav workouts	Talk 1 2 3	Draw 3 pictures	Bible study
12 hard workouts	10 Wellcoach classes	Go to Chess club	Advent daily prayer
	Generations book done	Musical/Play	½ day retreat
	Read 5 Books		
	\$4000 SEP		