

Roasted Red Potatoes Collard Greens Or Spinach Lunch/Supper 1% Or Fat-free Milk MorningStar® Garden Veggie Mar 21th, 2024
Day 1 Day 2 Day 3 Day 4 Day 5 Rest - The Armstrong Workout
Workout Of Days 1 Through 4 Rest 90 Seconds Rest 10 Seconds For Each Pull-up In Last Set. Rest 60 Seconds Rest 60 Seconds TRACK IT TRACK IT TRACK IT TRACK IT TRACK IT Set 1 ____ Set 2 ____ Set 3 ____ Set 4 ____ Set 5 ____ Total Pull-ups Per Workout: ____ Make Tick Marks For Each Pull-up, Total After Final Max Effort Set. Feb 13th, 2024.

DAY 01 DAY 02 DAY 03 DAY 04 DAY 05 - Concordia Supply
With God! Along The River, Children Discover That Life With God Is An Adventure Full Of Wonder And Surprise, And That They Can Trust God To Be With Them Through Anything. Relevant Music, Exciting Science, Creative Crafts Feb 21th, 2024

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