Assemblymember Kevin A. Cahill's

2010 Summer Reading and Exercise Challenge

"We pledge to read for at least 15 minutes each day and to exercise for at least 30 minutes each day during the months of July and August. For each day we read, we will mark the attached calendar with a checkmark (✓). For each day we exercise, we will mark the attached calendar with an X (X)."

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

When you have marked 40 days on this calendar, you have earned an Excellence in Reading and Fitness Certificate. Fill out the back of this brochure and return it to Assemblymember Kevin A. Cahill.