

Examples: BUDGET ITEMS

Books/Materials (specify titles)	Description	Cost
American Heart Association Low-Calorie Cookbook	More than 200 delicious recipes for healthy eating	\$16.52
Weight Watchers Great Cooking Every Day	250 delicious recipes plus techniques and tips from the Culinary Institute of America	\$11.72
Fitness Over Fifty DVD	Exercise guide from the National Institute of Aging	\$13.03
Copying/Printing (specify purpose)		
Folders	Multicolor 2-pocket folders	\$0.33
Composition Notebooks	Black & white notebooks	\$0.50
Equipment/Supplies (specify)		
Vegetable peeler and slicer	My place 16-piece kitchen kit	\$11.96
Drink Pitcher for non-sweetened beverages	Luigi 84oz pitcher	\$19.98
Measuring cups	Progressive collapsible measuring cups	\$7.97
Grill Char-Broil 35,000 BTU	2-Burner gas grill	\$99.00
DVD Player	Phillips progressive scan DVD player w/ 1080i Upconversion	\$38.00
CD Player	Philips iPod docking CD boombox	\$49.87
MP3 Player	4GB Video MP3 player with 2.4" screen	\$58.00
Free Weights	Cory Everson 20lb. dumbbell set	\$32.70
Scale	Taylor brushed stainless high capacity weight scale, Model 7402	\$29.96
Mats	Cory Everson 4-piece yoga set	\$28.69
Pedometer	ProForm SP-50 pedometer/step counter	\$5.00
Aerobic Box	Step box	\$29.72
Jump Rope	Athletic Works 2 in 1 jump rope	\$5.77
Stationary Bicycle	Weslo Pursuit U30 upright bike	\$119.77
Treadmill	Weslo Cadence G40 treadmill	\$298.77
Bicycles	24" Women's mountain bike	\$47.77
	26" Men's Sierra mountain bike	\$59.97
Helmet	Impulse silver adult bike helmet	\$29.97

***These items can be purchased at your local Walmart or similar discount Store.*