

30 Day *Fitness* Challenge

Month of: _____

Goal: Do at least 30 minutes of activity each day

Checklist each circle when completed

DAY 1 ☐	_____	DAY 16 ☐	_____
DAY 2 ☐	_____	DAY 17 ☐	_____
DAY 3 ☐	_____	DAY 18 ☐	_____
DAY 4 ☐	_____	DAY 19 ☐	_____
DAY 5 ☐	_____	DAY 20 ☐	_____
DAY 6 ☐	_____	DAY 21 ☐	_____
DAY 7 ☐	_____	DAY 22 ☐	_____
DAY 8 ☐	_____	DAY 23 ☐	_____
DAY 9 ☐	_____	DAY 24 ☐	_____
DAY 10 ☐	_____	DAY 25 ☐	_____
DAY 11 ☐	_____	DAY 26 ☐	_____
DAY 12 ☐	_____	DAY 27 ☐	_____
DAY 13 ☐	_____	DAY 28 ☐	_____
DAY 14 ☐	_____	DAY 29 ☐	_____
DAY 15 ☐	_____	DAY 30 ☐	_____