

FITNESS CHALLENGE

EXERCISE GOAL

150 MINUTES
PER WEEK | RECORD
MINUTES EACH DAY
SUBMIT AT MONTH END

April ²⁰²²

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	WEEK MINUTES
					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	



MONTH TOTAL MINUTES
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