

FITNESS CHALLENGE

EXERCISE GOAL

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

MAY 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	31					



MONTH TOTAL MINUTES
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