

FITNESS CHALLENGE

EXERCISE GOAL

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

July 2022

| <i>sunday</i> | <i>monday</i> | <i>tuesday</i> | <i>wednesday</i> | <i>thursday</i> | <i>friday</i> | <i>saturday</i> | <i>Week Totals</i> |
|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|--------------------|
| | | | | | 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

IFCWELLNESS@IDAHOFERTILTY.COM

