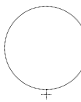

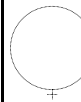
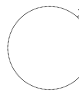
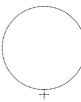
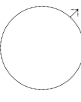
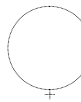

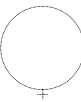
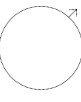





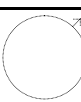
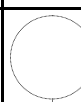

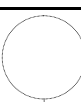
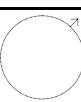
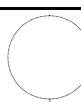

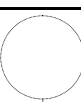
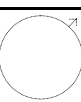






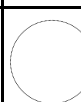

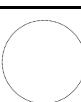
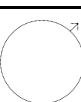



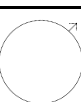





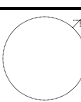
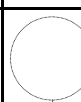

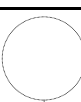
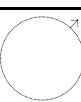



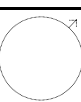




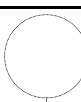
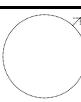
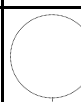

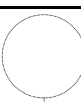
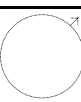
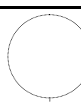

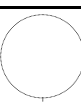
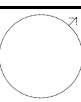








# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 
 	 	 	 	 	 	 

**Challenge**  
OF THE MONTH *for both*

WHAT ABOUT: *Every week I will try your favourite activity with you. (Take pictures of it).*

**Tip Two:**

I THINK YOU ARE DOING A GREAT JOB - YOU ARE ACTIVE MORE AND MORE ON A REGULAR BASIS! WELL DONE!! NOW WHAT ABOUT TO DOWNLOAD AN APPLICATION ON YOUR MOBILE PHONE - WORKOUT, BURN FAT... - TRY ONE AND KEEP YOUR PACE.

**Be better** SOMETHING DIDN'T WORK AS PLANNED? DO YOU WANT TO IMPROVE IT NEXT MONTH?

Her: .....

Him: .....



## INSTRUCTIONS:

- ✓ UNIVERSAL FITNESS CHALLENGE CALENDAR FOR COUPLES.
- ✓ THE AIM OF THIS CALENDAR IS TO HAVE ANY REGULAR FINTESS/SPORT/MOVING ACTIVITY
- ✓ CALENDAR IS APPLICABLE FOR ALL YEARS, JUST FILL DATES IN THE RIGHT LOWER CORNER
- ✓ YOU DID YOUR WORKOUT? HIGHLIGHT YOUR CIRCLE.
- ✓ YOU WANNA TAKE A NOTE? USE THE SPACE BELOW THE CIRCLE.
- ✓ AT THE END OF THE MONTH FIND OUT WHO WON THE BATTLE - WHO HAS MORE HIGHLIGHTED CIRCLES? ;))
- ✓ AND WHAT IS THE WINNER'S PRIZE??

Her prize: .....

His prize: .....

HONEY, THE *battle* MAY BEGIN! :D