



January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
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○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○

Challenge
OF THE MONTH *for both*

WHAT ABOUT: *I will kiss you passionately every day xx*

Tip:

START SLOW, HAVE YOU HEARD ABOUT PRIMAL MOVES? WHY NOT TO START WITH PREPARING YOUR BODY FOR WORKOUT? CHECK IT OUT ON GOOGLE OR TAKE A SEMINAR ;) IT'S WORTH YOUR HEALTH. XX

Be better SOMETHING DIDN'T WORK AS PLANNED? 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