



March

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ |
| ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ |
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| ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ | ♀ ♂ |

Challenge
OF THE MONTH *for both*

WHAT ABOUT: *Go on a date together. Explore some new places in your city.*

Tip Two:

IT'S TIME TO REVISE WHAT YOU ARE EATING. DO YOU FEEL TIRED ALL THE TIME, WITHOUT ANY ENERGY, STOMACH BLOATING? MAY I SUGGEST TO SEARCH FOR SOME ARTICLES ABOUT **FOOD COMBINING**? FOR EXAMPLE WHAT DO YOU THINK ABOUT FRUIT AND MEATH TOGETHER?

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