



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Challenge
OF THE MONTH *for both*

WHAT ABOUT: SURPRISE NICELY EACH OTHER. COOK DINNER, BRING FLOWERS, WRITE A SEXY NOTE, CLEAN OR FIX WHAT YOU HAVE BEEN PROMISING LONG TIME...

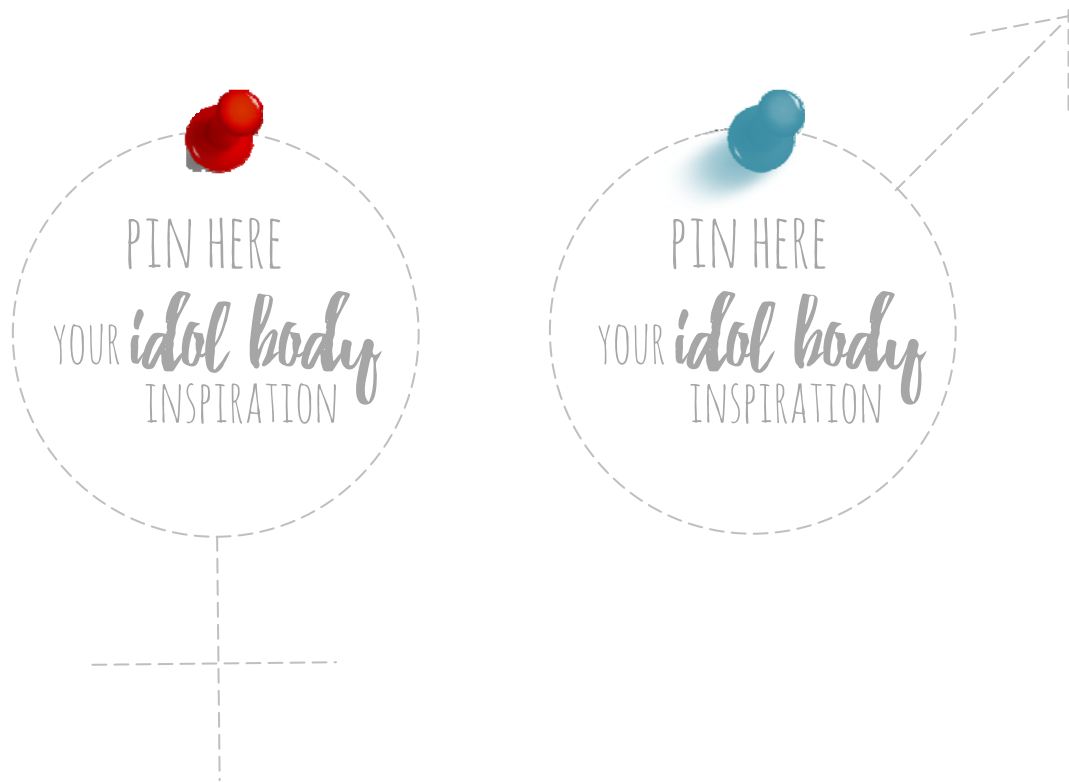
Tip Four:

LET'S MAKE APRIL MORE CHALLENGING. GOOD POSTURE WILL BE THE MAIN INTEREST OF THIS MONTH. YOU CAN BET HOW MANY TIMES YOU SPOT GOOD AND WRONG POSTURE AT YOUR PARTNER (KEEP THE SCORE) :P

Prize: WHAT IS THE PRIZE FOR WINNING THIS MONTH?

FOR HER: _____

FOR HIM: _____



INSTRUCTIONS:

- ✓ UNIVERSAL FITNESS CHALLENGE CALENDAR FOR COUPLES.
- ✓ THE AIM OF THIS CALENDAR IS TO HAVE ANY REGULAR FITNESS/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?

HONEY, THE *battle* MAY BEGIN! :D