FITNESS CHALLENGE

June

EXCERCISE GOAL: 150 MINUTES PER WEEK

sunday	monday	tuesday	wednesday	thursday	friday	saturday	Week Totals
			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			

UTAH FERTILITY CENTER

MONTH TOTAL MINUTES