

C FITNESS CHALLENGE

EXCERCISE GOAL: 150 MINUTES PER WEEK

July

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>	<i>Week Totals</i>
					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	
31							



MONTH TOTAL MINUTES