

2025 Fitness Frenzy Challenge



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1	2	3	4	
5	Time: Activity	6 Time: Activity	7 Time: Activity	8 Time: Activity	9 Time: Activity	10 Time: Activity	11 Time: Activity
12 Time: Activity	13 Time: Activity	14 Time: Activity	15 Time: Activity	16 Time: Activity	17 Time: Activity	18 Time: Activity	
19 Time: Activity	20 Time: Activity	21 Time: Activity	22 Time: Activity	23 Time: Activity	24 Time: Activity	25 Time: Activity	
26 Time: Activity	27 Time: Activity	28 Time: Activity	29 Time: Activity	30 Time: Activity	31 Time: Activity		