

MAY 2023

FITNESS CHALLENGE

SUN

MON

TUE

WED

THU

FRI

SAT



1
10 Push Ups
15 Squats
20 Sit Ups

2
Do a deep breathing exercise

3
10 Push Ups
15 Squats
20 Sit Ups

4
Catch up with a friend

5
10 Push Ups
15 Squats
20 Sit Ups

6
Do something outside

7
Go for a walk

8
15 Push Ups
20 Squats
25 Sit Ups

9
Plan a healthy meal

10
15 Push Ups
20 Squats
25 Sit Ups

11
Take 10 minutes to read

12
15 Push Ups
20 Squats
25 Sit Ups

13
Do something outside

14
Go for a walk

15
20 Push Ups
25 Squats
30 Sit Ups

16
Set a mini goal

17
20 Push Ups
25 Squats
30 Sit Ups

18
Compliment someone

19
20 Push Ups
25 Squats
30 Sit Ups

20
Do something outside

21
Go for a walk

22
25 Push Ups
30 Squats
35 Sit Ups

23
Write down something good that happened

24
25 Push Ups
30 Squats
35 Sit Ups

25
Go to bed 30 minutes earlier

26
25 Push Ups
30 Squats
35 Sit Ups

27
Do something outside

28
Go for a walk

29

Enjoy Your Memorial Day!

30

31

