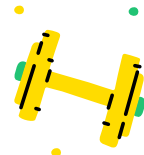


30 Day Fitness Calendar



Use this printable fitness calendar to find a new way to challenge yourself and your fitness each day and watch it all pay off at the end of the month.

<input type="checkbox"/> 20 JUMPING JACKS <input type="checkbox"/> 10 SIT-UPS <input type="checkbox"/> 10 SQUATS <input type="checkbox"/> 5 PUSH-UPS 01	<input type="checkbox"/> 20 HIGH KNEES <input type="checkbox"/> 10 SECOND PLANK <input type="checkbox"/> 10 LUNGES <input type="checkbox"/> 5 PUSH-UPS 02	<input type="checkbox"/> 20 JUMPING JACKS <input type="checkbox"/> 10 SIT-UPS <input type="checkbox"/> 10 SQUATS <input type="checkbox"/> 6 PUSH-UPS 03	<input type="checkbox"/> 20 HIGH KNEES <input type="checkbox"/> 10 SECOND PLANK <input type="checkbox"/> 10 LUNGES <input type="checkbox"/> 6 PUSH-UPS 04	<input type="checkbox"/> REST 05
<input type="checkbox"/> 25 JUMPING JACKS <input type="checkbox"/> 12 SIT-UPS <input type="checkbox"/> 12 SQUATS <input type="checkbox"/> 7 PUSH-UPS 06	<input type="checkbox"/> 25 HIGH KNEES <input type="checkbox"/> 12 SECOND PLANK <input type="checkbox"/> 12 LUNGES <input type="checkbox"/> 8 PUSH-UPS 07	<input type="checkbox"/> 25 JUMPING JACKS <input type="checkbox"/> 14 SIT-UPS <input type="checkbox"/> 14 SQUATS <input type="checkbox"/> 8 PUSH-UPS 08	<input type="checkbox"/> 25 HIGH KNEES <input type="checkbox"/> 10 SECOND PLANK <input type="checkbox"/> 14 LUNGES <input type="checkbox"/> 9 PUSH-UPS 09	<input type="checkbox"/> REST <input type="checkbox"/> CONTRIBUTE 5% OF INCOME TO SAVINGS 10
<input type="checkbox"/> 30 JUMPING JACKS <input type="checkbox"/> 16 SIT-UPS <input type="checkbox"/> 16 SQUATS <input type="checkbox"/> 10 PUSH-UPS 11	<input type="checkbox"/> 30 HIGH KNEES <input type="checkbox"/> 16 SECOND PLANK <input type="checkbox"/> 16 LUNGES <input type="checkbox"/> 10 PUSH-UPS 12	<input type="checkbox"/> 30 JUMPING JACKS <input type="checkbox"/> 18 SIT-UPS <input type="checkbox"/> 18 SQUATS <input type="checkbox"/> 11 PUSH-UPS 13	<input type="checkbox"/> 30 HIGH KNEES <input type="checkbox"/> 18 SECOND PLANK <input type="checkbox"/> 18 LUNGES <input type="checkbox"/> 12 PUSH-UPS 14	<input type="checkbox"/> REST 15
<input type="checkbox"/> 35 JUMPING JACKS <input type="checkbox"/> 20 SIT-UPS <input type="checkbox"/> 20 SQUATS <input type="checkbox"/> 12 PUSH-UPS 16	<input type="checkbox"/> 35 HIGH KNEES <input type="checkbox"/> 20 SECOND PLANK <input type="checkbox"/> 20 LUNGES <input type="checkbox"/> 13 PUSH-UPS 17	<input type="checkbox"/> 35 JUMPING JACKS <input type="checkbox"/> 22 SIT-UPS <input type="checkbox"/> 22 SQUATS <input type="checkbox"/> 14 PUSH-UPS 18	<input type="checkbox"/> 40 HIGH KNEES <input type="checkbox"/> 22 SECOND PLANK <input type="checkbox"/> 22 LUNGES <input type="checkbox"/> 15 PUSH-UPS 19	<input type="checkbox"/> REST <input type="checkbox"/> CONTRIBUTE 5% OF INCOME TO SAVINGS 20
<input type="checkbox"/> 40 JUMPING JACKS <input type="checkbox"/> 24 SIT-UPS <input type="checkbox"/> 24 SQUATS <input type="checkbox"/> 15 PUSH-UPS 21	<input type="checkbox"/> 40 HIGH KNEES <input type="checkbox"/> 24 SECOND PLANK <input type="checkbox"/> 24 LUNGES <input type="checkbox"/> 16 PUSH-UPS 22	<input type="checkbox"/> 40 JUMPING JACKS <input type="checkbox"/> 26 SIT-UPS <input type="checkbox"/> 26 SQUATS <input type="checkbox"/> 16 PUSH-UPS 23	<input type="checkbox"/> 45 HIGH KNEES <input type="checkbox"/> 28 SECOND PLANK <input type="checkbox"/> 28 LUNGES <input type="checkbox"/> 17 PUSH-UPS 24	<input type="checkbox"/> REST 25
<input type="checkbox"/> 45 JUMPING JACKS <input type="checkbox"/> 29 SIT-UPS <input type="checkbox"/> 29 SQUATS <input type="checkbox"/> 18 PUSH-UPS 26	<input type="checkbox"/> 45 HIGH KNEES <input type="checkbox"/> 29 SECOND PLANK <input type="checkbox"/> 29 LUNGES <input type="checkbox"/> 19 PUSH-UPS 27	<input type="checkbox"/> 50 JUMPING JACKS <input type="checkbox"/> 30 SIT-UPS <input type="checkbox"/> 30 SQUATS <input type="checkbox"/> 19 PUSH-UPS 28	<input type="checkbox"/> 50 HIGH KNEES <input type="checkbox"/> 30 SECOND PLANK <input type="checkbox"/> 30 LUNGES <input type="checkbox"/> 20 PUSH-UPS 29	<input type="checkbox"/> REST <input type="checkbox"/> CONTRIBUTE 10% OF INCOME TO SAVINGS 30