

25 Day of Fitness - December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Take a morning walk at least 25 minutes long.	25 crunches
3	4	5	6	7	8	10
REST	25 squats	25 jumping jacks	25 crunches Workout Wednesday	25 push-ups	Get in 25 minutes of cardio!	25 crunches
10	11	12	13	14	15	16
REST	25 squats	25 jumping jacks	25 crunches	25 push-ups	Take a morning walk at least 25 minutes long.	25 jumping jacks
17	18	19	20	21	22	23
REST	25 squats	25 jumping jacks	25 crunches	Get in 25 minutes of cardio!	25 push-ups	REST
24/31	25	26	27	28	29	30
REST	Take time to enjoy winter recess! Be Present!	25 squats	25 jumping jacks	25 crunches	25 push-ups	25 squats