

15 Days of Fitmas

followmefit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	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	1	2	3	4	5	6

Fitmas Tasks

Exercise 10+ Min
Limit Sugar & Sweets
Drink 8 cups Water

Get 7+ Hours Sleep
Eat Veggies

Notes

Score 1 point for each Fitmas Task completed and use the calendar to record your daily score. The goal is to have at least 1 point a day for a minimum of 15 days, but the more the merrier! Reward yourself when you complete the challenge - a little Christmas gift to you from you with love!!