



# Month-January, February, March Fitness Challenge Calendar

Your Name: \_\_\_\_\_

Sun	Mon	Tues	Wed	Thu	Fri	Sat	Total
BMI:	Time:	Time:	Time:	Time:	Time:	Time:	
WHR:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	
BMI:	Time:	Time:	Time:	Time:	Time:	Time:	
WHR:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	
BMI:	Time:	Time:	Time:	Time:	Time:	Time:	
WHR:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	
BMI:	Time:	Time:	Time:	Time:	Time:	Time:	
WHR:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	
BMI:	Time:	Time:	Time:	Time:	Time:	Time:	
WHR:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	
BMI:	Time:	Time:	Time:	Time:	Time:	Time:	
WHR:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	

**GRAND TOTAL** \_\_\_\_\_