

# NOVEMBER FITNESS CHALLENGE: 1,000 MINUTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL	GOAL
		1	2	3	4	5		2HRS 20MIN
6	7	8	9	10	11	12		4HRS 10MIN
13	14	15	16	17	18	19		4HRS 10MIN
20	21	22	23	24	25	26		4HRS 10MIN
27	28	29	30					1HR 50MIN
						FINAL:		16Hrs 40MIN