



December 2017

Christmas Fitness for the Entire Family!



Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 Tree Pose Contest	2 Make a Healthy Dinner Together
3 Dance to your fav. Christmas song	4 Push Up Contest	5 Listen to Holiday Tunes	6 Sit Up Contest	7 Make Banana Ice Cream	8 Squat Contest	9 Rest Day Watch Christmas Movies
10 Snowball Fight or Improvise	11 Burpie Contest	12 Make a Christmas Craft	13 Plank Contest	14 Make a Healthy Snack Hello Pinterest	15 Tricep Dip Contest	16 Rest Day Read Christmas Stories
17 Make a Healthy Breakfast Together	18 Stretch it out Together	19 Crank up the Music and Dance	20 Pick 2 Exercises, Alternate	21 Help Someone in Need	22 Lunge Walk Contest	23 Rest Day Go Look at Christmas Lights
24 Make a Healthy Santa Snack	25 Make a Healthy Breakfast Together	26 Dip Contest	27 Make Healthy Cocoa	28 Do a Random Act of Kindness	29 Write Thank You Notes Together	30 Plan Family New Years Resolutions
31 Go for a Winter Walk	 <div> Facebook.com/MegRogers www.FitMomMeg.com </div>  					