



ASPIRE

Fitness Challenge

2023 Aspire “30 Day Challenge”
AspireFitnessChallenge.com

Set Your Own Personal Goal for Number of Days to Exercise in the **30 Days**

Example: 16 Days (4 Times a Week)

Your Goal: _____ Days

Write in an Activity a Day as Completed:

walking, jogging, yoga, running, weights, bike riding, etc

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4
5	6	7	8	9	10	11

Total # of Days of Exercise (*Recommend Minimum 4 Rest Days*): _____ Days

Optional: [Join Us Saturday, March 11th for Aspire Celebration Walk or 5K Run!](#)

