



# DECEMBER 2020



## 25 DAYS OF CHRISTMAS CHALLENGE

**BONUS DAILY GOALS:** 8 glasses of water (1 glass = 8 oz) and 1 thing that put a smile on your face!

This is just for fun! Feel free to do at any time, do it all at once or split up :)

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Please feel free to do any modifications or message me if you have any questions!</p> <p>Lunges = total reps NOT per leg!</p>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		20 Squats 20 Lunges 1 Push-up 10 Crunches 20 Jumping Jacks	25 Squats 24 Lunges 2 Push-ups 15 Crunches 25 Jumping Jacks	30 Squats 28 Lunges 3 Push-ups 20 Crunches 30 Jumping Jacks	35 Squats 30 Lunges 4 Push-ups 20 Crunches 35 Jumping Jacks	20 minute walk or 1 mile jog/run
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
35 Squats 34 Lunges 6 Push-ups 25 Crunches 40 Jumping Jacks	40 Squats 40 Lunges 7 Push-ups 30 Crunches 45 Jumping Jacks	40 Squats 42 Lunges 8 Push-ups 30 Crunches 50 Jumping Jacks	40 Squats 42 Lunges 9 Push-ups 35 Crunches 55 Jumping Jacks	45 Squats 46 Lunges 10 Push-ups 40 Crunches 60 Jumping Jacks	50 Squats 50 Lunges 11 Push-ups 45 Crunches 65 Jumping Jacks	20 minute walk or 1 mile jog/run
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
50 Squats 54 Lunges 15 Push-ups 50 Crunches 70 Jumping Jacks	55 Squats 54 Lunges 14 Push-ups 55 Crunches 75 Jumping Jacks	60 Squats 56 Lunges 15 Push-ups 55 Crunches 80 Jumping Jacks	65 Squats 60 Lunges 16 Push-ups 55 Crunches 80 Jumping Jacks	70 Squats 64 Lunges 17 Push-ups 60 Crunches 95 Jumping Jacks	75 Squats 70 Lunges 18 Push-ups 60 Crunches 100 Jumping Jacks	20 minute walk or 1 mile jog/run
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
80 Squats 80 Lunges 20 Push-ups 75 Sit-ups 105 Jumping Jacks	20 Squats 20 Lunges 21 Push-ups 10 Sit-ups 110 Jumping Jacks	20 Squats 20 Lunges 22 Push-ups 10 Sit-ups 115 Jumping Jacks	20 Squats 20 Lunges 23 Push-ups 10 Sit-ups 120 Jumping Jacks	100 Squats 100 Lunges 25 Push-ups 100 Sit-ups 125 Jumping Jacks	25 burpees!... or a 30 min stretch, walk, jog or run!	Happy Holidays!



Tag me if you do it! @naturallybeingnat

# WEEK 1

## 25 DAYS OF CHRISTMAS CHALLENGE

### Tasks:

Check off the daily challenge once completed

Circle the amount of glasses of water you drank

Write a brief sentence on something that made you smile!

S

- Relax, Recharge or Move!
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

M

- Relax, Recharge or Move!
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

T

- Fitness Challenge Day 1
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

W

- Fitness Challenge Day 2
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

TH

- Fitness Challenge Day 3
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

F

- Fitness Challenge Day 4
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

S

- Fitness Challenge:            Walk                            Jog                            Run
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_



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# WEEK 2

## 25 DAYS OF CHRISTMAS CHALLENGE

### Tasks:

Check off the daily challenge once completed

Circle the amount of glasses of water you drank

Write a brief sentence on something that made you smile!

S

- Fitness Challenge Day 6
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

M

- Fitness Challenge Day 7
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

T

- Fitness Challenge Day 8
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

W

- Fitness Challenge Day 9
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

TH

- Fitness Challenge Day 10
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

F

- Fitness Challenge Day 11
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

S

- Fitness Challenge:            Walk                            Jog                            Run
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_



Tag me if you do it! @naturallybeingnat

# WEEK 3

## 25 DAYS OF CHRISTMAS CHALLENGE

### Tasks:

Check off the daily challenge once completed

Circle the amount of glasses of water you drank

Write a brief sentence on something that made you smile!

S

- Fitness Challenge Day 13
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

M

- Fitness Challenge Day 14
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

T

- Fitness Challenge Day 15
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

W

- Fitness Challenge Day 16
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

TH

- Fitness Challenge Day 17
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

F

- Fitness Challenge Day 18
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

S

- Fitness Challenge:    Walk                      Jog                      Run
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_



Tag me if you do it! @naturallybeingnat

# WEEK 4

## 25 DAYS OF CHRISTMAS CHALLENGE

### Tasks:

Check off the daily challenge once completed

Circle the amount of glasses of water you drank

Write a brief sentence on something that made you smile!

S

- Fitness Challenge Day 20
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

M

- Fitness Challenge Day 21
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

T

- Fitness Challenge Day 22
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

W

- Fitness Challenge Day 23
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

TH

- Fitness Challenge Day 24
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

F

- HAPPY HOLIDAYS!
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_

S

- Relax, Recharge or Move - Hope you enjoyed! :)
- Glasses of water:    1    2    3    4    5    6    7    8    8+!!
- Daily Smile: \_\_\_\_\_  
\_\_\_\_\_



Tag me if you do it! @naturallybeingnat