



SEPTEMBER 2025

Name:

Position:

CHALLENGE

10 DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05	06
07	08	09	10	11	12	13
14  MAKE YOUR BED	15 	16 	17 	18  20 JUMPING JACKS or more	19 	20 
21 	22 	23 	24 	25 	26 	27 
28  PLIÉ (PLEE-YE) BENDING THE KNEES	29 	30 				