

*wefitter*

# December Activity Calendar





1

Running: 5 km



3

Yoga: 10 min



12

Reps: 40



18

Reps: 50



24

Plank: 2 min



6

Reps: 15



9

Reps: 20



4

Team sport:  
45 min



14

Running: 6 km



20

Mindfulness: 45 min



25

Family time:  
20 min



10

Threadmill: 3 km



Reps: 35

16



22

Walk: 5K steps

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# Rules of the game

**You have a specific goal to reach on each specific day from the calendar.**

**For admins:** You can use of the calendar to create challenges via our API and/or Dashboard. Get creative, get inspired and keep your endusers healthy this month!

**For endusers:** You did it! You proved that you are on a fitter lifestyle path by downloading this calendar. Make sure to track your activity with your chosen connections, and track your daily progress to reach the best results!