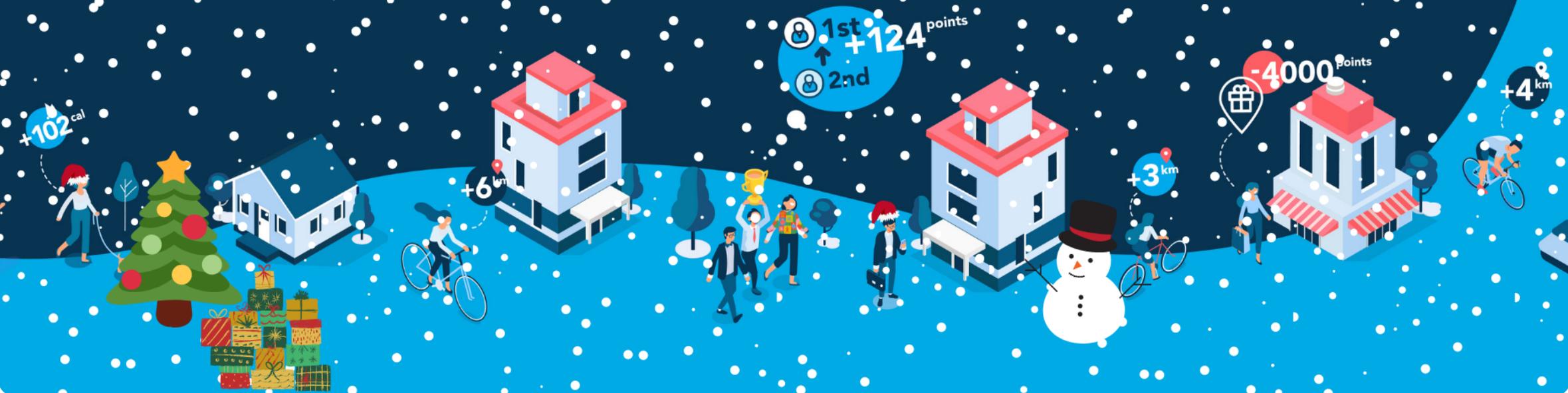


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# December Activity Calendar



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

10

Threadmill: 3 km

Reps: 35

16

22

Walk: 5K steps

25

Family time:  
20 min

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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!