



30-Day Fitness Challenge Tracker

Use this tracker to stay consistent with your fitness goals. Mark off each day after completing at least 15 minutes of intentional movement. You've got this!

Day	Date	Notes / Activity Completed
Day 1	May 01, 2025	
Day 2	May 02, 2025	
Day 3	May 03, 2025	
Day 4	May 04, 2025	
Day 5	May 05, 2025	
Day 6	May 06, 2025	
Day 7	May 07, 2025	
Day 8	May 08, 2025	
Day 9	May 09, 2025	
Day 10	May 10, 2025	
Day 11	May 11, 2025	
Day 12	May 12, 2025	
Day 13	May 13, 2025	
Day 14	May 14, 2025	
Day 15	May 15, 2025	
Day 16	May 16, 2025	
Day 17	May 17, 2025	
Day 18	May 18, 2025	
Day 19	May 19, 2025	
Day 20	May 20, 2025	
Day 21	May 21, 2025	



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Day 22	May 22, 2025	
Day 23	May 23, 2025	
Day 24	May 24, 2025	
Day 25	May 25, 2025	
Day 26	May 26, 2025	
Day 27	May 27, 2025	
Day 28	May 28, 2025	
Day 29	May 29, 2025	
Day 30	May 30, 2025	