

WEEK 1

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

OCT 30 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

OCT 31  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 01 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 02  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 03 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 04  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 05 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

WEEK 2

NOV 06  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 07 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 08  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 09 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 10  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 11 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 12  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

WEEK 3

NOV 13 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 14  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 15 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 16  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 17 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 18  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 19 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

WEEK 4

NOV 20  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 21 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 22  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....


OTHER:.....

NOV 23 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 24  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 25 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 26  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

WEEK 5

NOV 27 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 28  30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 29 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NOV 30 30 MINUTES COMPLETED

EXERCISE:.....

SPORT:.....

OTHER:.....

NAME:.....

AGE:.....

SCHOOL:.....

CLASS:.....

ACTIVITY CALENDAR 2020

30 MINUTES X 30 DAYS



dubaifitnesschallenge.com

  dubaifitnesschallenge

 dxbfitchallenge

#Dubai30x30

30 OCT - 28 NOV 2020