



# December 2015 – Maintain Don't Gain SHAPE-UP Activity



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>You can do it!</b>		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 <b>Challenge End</b>		