July 2025 Challenge Calendar

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Eat 5 servings of fruits and vegetables every day.

Get 30 minutes of moderate physical activity 5 days a week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adequate hydration is vital; drink plenty of water throughout the day and enjoy in-season fruits & vegetables and dairy products for hydration and needed electrolytes.		**1** Glutes on Fire: 15 High Knees 15 Plie Squats 15 Reverse Lunges 15 Squats Repeat 2x	**2** Tomatoes, peppers, and zucchini are packed with electrolytes. Try salsa on eggs, salads, and potatoes.	**3** Shoulder Shreds: 15 Arm Circles 15 Front Raises 15 Side Raises 15 Overhead Presses Repeat 2x	**4** Always buy fresh or frozen veggies & fruits. To save money buy seasonal produce when possible.	**5** Ab Ripper: 15 Side Bends 15 Leg Lifts 15 Bicycles 15 Windshield Wipers Repeat 2x
6 Prep, wash and cut up fruits & veggies to have on hand for easy snacking.	**7** Perform 25 minutes of cardio! Plie Squats	**8** Roast large batches of veggies on sheet tray and eat throughout the week.	**9** Arm Shreds: 15 Bicep Curls 15 Triceps Extensions 15 Wall Pushups 15 Tennis Ball Squeezes Repeat 2x	**10** Try new food trends like overnight oats, fruit and blended cottage cheese.	**11** Leg Power: 15 Side Leg Raises 15 Curtsy Lunges 15 Calf Raises 15 Inner Thigh Lifts Repeat 2x	**12** Carry a water bottle & add sliced cucumber, lime, lemon, mint or orange.
13 15 Curtsy Lunges 15 Mountain Climbers Challenge yourself & Repeat 2 - 4 x	**14** Perform 30 minutes of cardio! Elbow to Knee Twists	**15** Glutes on Fire: 20 High Knees 20 Plie Squats 20 Reverse Lunges 20 Squats Repeat 2x	**16** Some produce has 92% water content. Hydrate with celery, cucumber, squash, cabbage, melon & strawberries.	**17** Shoulder Shreds: 20 Arm Circles 20 Front Raises 20 Side Raises 20 Overhead Presses Repeat 2x	**18** Besides water, milk is one of the best beverages for hydration with potassium, sodium and calcium.	**19** Ab Ripper: 20 Side Bends 20 Leg Lifts 20 Bicycles 20 Windshield Wipers Repeat 2x
20 Drink at least 1 cup of water after waking up, before each meal or snack, and before exercise.	**21** Perform 35 minutes of cardio! Curtsy Lunges	**22** Make a fruit smoothie with frozen berries, spinach or cauliflower & Greek yogurt.	**23** Arm Shreds: 20 Bicep Curls 20 Triceps Extensions 20 Wall Pushups 20 Tennis Ball Squeezes Repeat 2x	**24** For a quick meal have salad with rotisserie chicken topped with olive oil & lemon dressing.	**25** Leg Power: 20 Side Leg Raises 20 Curtsy Lunges 20 Calf Raises 20 Inner Thigh Lifts Repeat 2x	**26** Try coconut water (with no added sugar) in place of sports drinks for hydration & essential electrolytes.
27 15 "Ropeless" Jump Ropes 15 Elbow to Knee Twists Challenge yourself & Repeat 2 - 4 x	**28** Try hard cheeses like sharp cheddar, Parmesan, Gouda and feta to reduce lactose intake.	**29** Glutes on Fire: 25 High Knees 25 Plie Squats 25 Reverse Lunges 25 Squats Repeat 2x	**30** Add veggies to spaghetti sauce: try chopped or pureed mushrooms, peppers, onion or carrots.	**31** Shoulder Shreds: 25 Arm Circles 25 Front Raises 25 Side Raises 25 Overhead Presses Repeat 2x	Prioritize morning or late evening workouts to appreciate nature & attain fitness goals without the summer heat. To maintain consistency, turn to indoor workouts for a smart alternative. For a challenge, try our quick cardiovascular routines to kick start your energy level & train your heart.	

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