



30 IN 30 WINTER CHALLENGE PLANNER

M	T	W	T	F	S	S
WINTER CHALLENGE PLANNER LEGEND: <ul style="list-style-type: none">• DOUBLE POINT CLASS• BONUS CHALLENGE TASK			1	2	3 7:15AM PUSH	4
5	6	7 5:30PM MOVE OR 6:30PM CYCLE	8	9 BONUS CHALLENGE TASK	10	11
12	13	14	15	16 6AM CYCLE	17 BONUS CHALLENGE TASK	18
19 6AM STRENGTH OR 7am STRENGTH	20	21	22 BONUS CHALLENGE TASK	23	24	25
26 BONUS CHALLENGE TASK	27	28	29 6AM LIFT	30	31 WINNER DRAWN AFTER PUSH	