

THE CARDIO FOR A CAUSE CHALLENGE

LIVESTRONGSM.COM
Livestrong 25

Use this calendar to track your workouts (aim for 30 minutes of cardio 5 days a week) and raise money for the Livestrong Foundation.

DAY 1

Time/Distance: _____

Activity: _____

☐ Rest

DAY 2

Time/Distance: _____

Activity: _____

☐ Rest

DAY 3

Time/Distance: _____

Activity: _____

☐ Rest

DAY 4

Time/Distance: _____

Activity: _____

☐ Rest

DAY 5

Time/Distance: _____

Activity: _____

☐ Rest

DAY 6

Time/Distance: _____

Activity: _____

☐ Rest

DAY 7

Time/Distance: _____

Activity: _____

☐ Rest

DAY 8

Time/Distance: _____

Activity: _____

☐ Rest

DAY 9

Time/Distance: _____

Activity: _____

☐ Rest

DAY 10

Time/Distance: _____

Activity: _____

☐ Rest

DAY 11

Time/Distance: _____

Activity: _____

☐ Rest

DAY 12

Time/Distance: _____

Activity: _____

☐ Rest

DAY 13

Time/Distance: _____

Activity: _____

☐ Rest

DAY 14

Time/Distance: _____

Activity: _____

☐ Rest

DAY 15

Time/Distance: _____

Activity: _____

☐ Rest

DAY 16

Time/Distance: _____

Activity: _____

☐ Rest

DAY 17

Time/Distance: _____

Activity: _____

☐ Rest

DAY 18

Time/Distance: _____

Activity: _____

☐ Rest

DAY 19

Time/Distance: _____

Activity: _____

☐ Rest

DAY 20

Time/Distance: _____

Activity: _____

☐ Rest

DAY 21

Time/Distance: _____

Activity: _____

☐ Rest

DAY 22

Time/Distance: _____

Activity: _____

☐ Rest

DAY 23

Time/Distance: _____

Activity: _____

☐ Rest

DAY 24

Time/Distance: _____

Activity: _____

☐ Rest

DAY 25

Time/Distance: _____

Activity: _____

☐ Rest

DAY 26

Time/Distance: _____

Activity: _____

☐ Rest

DAY 27

Time/Distance: _____

Activity: _____

☐ Rest

DAY 28

Time/Distance: _____

Activity: _____

☐ Rest

DAY 29

Time/Distance: _____

Activity: _____

☐ Rest

DAY 30

Time/Distance: _____

Activity: _____

☐ Rest

DAY 31

Time/Distance: _____

Activity: _____

☐ Rest

WELL DONE!