

December 2015 Monthly Challenge Options

- Complete the 30-day napping challenge:

30-DAY NAPPING CHALLENGE
Do you have what it takes?



Day 1	Short 5 Minute Snooze	Day 16	Nap 65 Minutes
Day 2	Nap 10 Minutes	Day 17	Nap 70 Minutes
Day 3	Nap 15 Minutes	Day 18	Nap 75 Minutes
Day 4	Nap 20 Minutes	Day 19	Nap 80 Minutes
Day 5	Rest	Day 20	Recover
Day 6	Nap 25 Minutes	Day 21	Nap 85 Minutes
Day 7	Nap 30 Minutes	Day 22	Nap 90 Minutes
Day 8	Nap 35 Minutes	Day 23	Nap 95 Minutes
Day 9	Nap 40 Minutes	Day 24	Recover
Day 10	Rest	Day 25	Nap 100 Minutes
Day 11	Nap 45 Minutes	Day 26	Nap 105 Minutes
Day 12	Nap 50 Minutes	Day 27	Nap 110 Minute
Day 13	Nap 55 Minutes	Day 28	Recover
Day 14	1-Hour Nap!	Day 29	Nap 115 Minutes
Day 15	Rest	Day 30	Nap 2 Hours!

- Complete the 25 Miles to Christmas Challenge (walk 1 mile for 25 days during December)

25 Miles to Christmas
December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ✓ each day you complete 1 mile!	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	shrinkingjeans.net fb.com/shrinkingjeans fb.com/runwiththesisterhood			

If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me.
I want to help you meet these challenges!