

# 12 DAYS OF FITMAS WELLNESS CHALLENGE



**DECEMBER 1-12, 2025**

Have a wellness coach or front desk staff member stamp the card when you complete a day's task from the 12 Days of Fitmas Challenge. The days do not have to be completed in order. Once the card is completed, turn it in to receive a t-shirt!\*

**YOUR NAME (FIRST & LAST):** \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4
Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12

\*While supplies last. Limited number of shirts.