

HABIT HUB

12 DAYS OF CHRISTMAS CHALLENGE

The lead-up to Christmas can easily throw even the best fitness routines off track. With extra commitments, end-of-year parties, and tempting festive treats, it's all too easy to lose focus. That's why we've created the **12 Days of Christmas Fitness Challenge – 24 Days of Fun!**—to help you stay consistent and energized right up until Christmas Eve.

This challenge is split into two phases:

- **December 1–12: Countdown to Christmas** – A 12-day preparation phase to help you build healthy habits, stay active, and get ready for the fun.
- **December 13–24: The 12 Days of Christmas Fitness Challenge** – The main event, where each day's task builds on the last, progressively challenging you to stay fit and festive right through to Christmas Eve.
- This challenge is designed to keep you moving, feeling great, and ready to enjoy the holiday season guilt-free. Join us in making fitness a festive priority!

DECEMBER DAILY FITNESS TASKS CHECKLIST

1. Complete the daily fitness task(s) listed below.
2. Check off each day as you complete it.
3. From 13-24 December, tasks are cumulative! Complete the tasks for the day and all previous days.

1-12 December: Single Daily Tasks

- Day 1: 1-Minute Plank.
- Day 2: 2 Push-Ups
- Day 3: 3 Lunges Per Leg
- Day 4: 4 Jump Squats
- Day 5: 5 Burpees
- Day 6: 6 Glute Bridges
- Day 7: 7 Star Jumps (Jumping Jacks)
- Day 8: 8 Bicep Curls Per Arm
- Day 9: 9 Mountain Climbers Per Leg
- Day 10: 10 Russian Twists Per Side
- Day 11: 11 Step-Ups Per Leg
- Day 12: 12 Minutes of Cardio

13-24 December: Cumulative Tasks

- Day 13: 1-Minute Plank.
- Day 14: 2 Push-Ups + all previous days' tasks.
- Day 15: 3 Lunges Per Leg + all previous days' tasks.
- Day 16: 4 Jump Squats + all previous days' tasks.
- Day 17: 5 Burpees + all previous days' tasks.
- Day 18: 6 Glute Bridges + all previous days' tasks.
- Day 19: 7 Star Jumps (Jumping Jacks) + all previous days' tasks.
- Day 20: 8 Bicep Curls Per Arm + all previous days' tasks.
- Day 21: 9 Mountain Climbers Per Leg + all previous days' tasks.
- Day 22: 10 Russian Twists Per Side + all previous days' tasks.
- Day 23: 11 Step-Ups Per Leg + all previous days' tasks.
- Day 24: 12 Minutes of Cardio + all previous days' tasks.

Get 2025 off to a great start with these wellness habits:

- Day 1: Take a 10-minute walk outdoors.
- Day 2: Drink 2 liters of water today.
- Day 3: Stretch for 3 minutes before bed.
- Day 4: Perform 4 rounds of deep breathing.
- Day 5: Do 5 bodyweight squats.
- Day 6: Write down 6 things you are grateful for.
- Day 7: Take at least 7,000 steps.
- Day 8: Hold an 8-second plank, repeating 5 times.
- Day 9: Perform 9 tricep dips.
- Day 10: Spend 10 minutes stretching.
- Day 11: Complete 11 jumping jacks.
- Day 12: Stay active for 12 minutes today.