

May 1 - 31, 2025

# Summer Ready CHALLENGE



Time to prepare our bodies in anticipation of the warm weather that awaits us!  
Complete the workout of the day, check the corresponding box ☐ and enter the mystery word in the blank space.

Submit your completed calendar by June 6, 2025 11:59 PM ET to [CAFFITNESS\\_FACENFORME@CFMWS.COM](mailto:CAFFITNESS_FACENFORME@CFMWS.COM) for a chance to win CAF Fitness prizes! For full contest rules, visit our website. Good luck and have fun!



May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>
11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>
18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>
25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>



@caffitness.facenforme