



























# mayathon Challenge 2020

## Your Calendar Tracker

Goal = 26 minutes everyday for 26 days  
Any Activity. Any intensity. At home.

[GBA mayathon mayathon.com](http://GBA.mayathon.mayathon.com)  
[Sportengland.org/stayinworkout](http://Sportengland.org/stayinworkout)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>					Start! 1st 	2nd 	3rd 
<b>Week 2</b>	4th 	5th 	6th 	7th 	Bank holiday 8th 	9th 	10th 
<b>Week 3</b>	11th 	12th 	Halfway! 13th 	14th 	15th 	16th 	17th 
<b>Week 4</b>	18th 	19th 	20th 	21st 	22nd 	23rd 	24th 
<b>Week 5</b>	Bank holiday 25th 	Finish! 26th 					

Log your minutes, activity and mood