

MAY

#JEFFCAN



WEEKLY GOALS

SUN

MON

TUE

WED

THU

FRI

SAT

1
**JEFF GAMES
ROUND 2**

2

3

4

5

6

7

8
**MOTHER'S
DAY WORKOUT**
with Play Sense &
GoldFish

MAY CHALLENGE REGISTRATIONS OPEN

9

10

11

12

13

14

15
**NAUTICAL
WORKOUT**
with the NSRI

**MAY CHALLENGES
BEGIN**

16

17

18

19

20

21

22
**JEFF x
VITALITY
OCEANS
WORKOUT**

23

24

25

26

27

28

29
**#JEFFCAN...
WORKOUT**

30

31

