


# January 2024

## SPOONFED TRAINING SPIRIT WEEK

SUN	MON	TUE	WED	THU	FRI	SAT
	1 CLOSED	2 WEAR SPOONFED APPAREL	3 WEAR ALWAYS WINNING APPAREL	4 WEAR FREE FLO FIT APPAREL	5 WEAR YOUR FAVORITE SPORTS TEAM	6 NEW YEARS PARTY
7	8	9	10	11	12	13
 <b>YOU VS YOU WEEK</b> WORKOUT CHALLENGES AT SPOONFED TRAINING						
14 MISMATCH DAY	15 PAJAMA DAY	16 COSTUME DAY	17 WACKY SOCK DAY	18 WILD HAIR DAY	19 BACKWARDS DAY	20 TACKY DAY
21 SHADED OF BLUE DAY	22 SHADED OF PURPLE DAY	23 SHADES OF YELLOW DAY	24 SHADES OF RED DAY	25 SHADES OF PINK DAY	26 SHADES OF GREEN DAY	27 SHADES OF ORANGE DAY
28 FASHION FITNESS DAY	29 WEAR OLD SCHOOL WORKOUT GEAR	30 YOU VS YOU FINISHER	31 YOU VS YOU FINISHER	<b>HAPPY NEW YEAR</b>		