

# 120 Challenge 2025 Calendar



**January**

Jail or Bail



**February**

Run 120 km



**March**

120 squats per day



**April**

120 lunges per day



**May**

Mental Health month



**June**

Walk your dog for 120km



**July**

Give up 120 mins of salary



**August**

Charity raffle



**September**

EIC day month



**October**

Sleep out on London streets



**November**

Movember



**December**

Christmas