

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

Catch-up and contribute month



November

Movember



December

Christmas