



FREE TO JOIN

The September + October Accountability Challenge

Two months, five simple habits, one page. Mark your day, keep it visible, and let consistency do the quiet work.

YOUR DAILY FIVE

2.5 L+
of water

30 min
of movement

7,500+
steps

10 min
of solo downtime
or self care

Protein
with 3 meals

☒ All five done ☐ Some done ☒ None today

Name _____ Phone or email _____

September 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

ADD UP YOUR TWO MONTHS

☒ Days with a check

☐ Days with a circle

☒ Days with an X

Return your finished sheet by November 5, 2026 and you are entered to win
one month of 50% off all KLT Fit services.

Drop it off at Studio 1 – 724 Erskine Ave, or send a photo to Kate. One entry per person.