

# 2025

## PERSONIFY HEALTH

### Team Challenge Calendar

7K STEPS FOR 20 DAYS

Month of JANUARY

WORLD TOUR



Registration Begins JANUARY 13  
Challenge Starts JANUARY 27  
Challenge Ends FEBRUARY 23

7K STEPS FOR 20 DAYS

Month of MARCH

7K STEPS FOR 20 DAYS

Month of APRIL

PACIFIC CREST TRAIL



Registration Begins APRIL 14  
Challenge Starts APRIL 28  
Challenge Ends MAY 25

7K STEPS FOR 20 DAYS

Month of JUNE

7K STEPS FOR 20 DAYS

Month of JULY

STRIDING FOR  
CONNECTION



Registration Begins JULY 21  
Challenge Starts AUGUST 4  
Challenge Ends AUGUST 31

7K STEPS FOR 20 DAYS

Month of SEPTEMBER

7K STEPS FOR 20 DAYS

Month of OCTOBER

FOOD AROUND  
THE WORLD



Registration Begins OCTOBER 20  
Challenge Starts NOVEMBER 3  
Challenge Ends NOVEMBER 30

7K STEPS FOR 20 DAYS

Month of DECEMBER

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