



To: _____

From: _____

I care about you and I challenge you to do:

15 Push-ups, One minute PLANK, 20 sit-ups
OR ...50 Jumping Jacks



To: _____

From: _____

I care about you and I challenge you to do:

15 Push-ups, One minute PLANK, 20 sit-ups
OR... 50 Jumping Jacks



To: _____

From: _____

I care about you and I challenge you to do:

15 Push-ups, One minute PLANK, 20 sit-ups
OR... 50 Jumping Jacks



FitnessGram...I challenge you
to feel great!



FitnessGram...I challenge you
to feel great!



FitnessGram...I challenge you
to feel great!