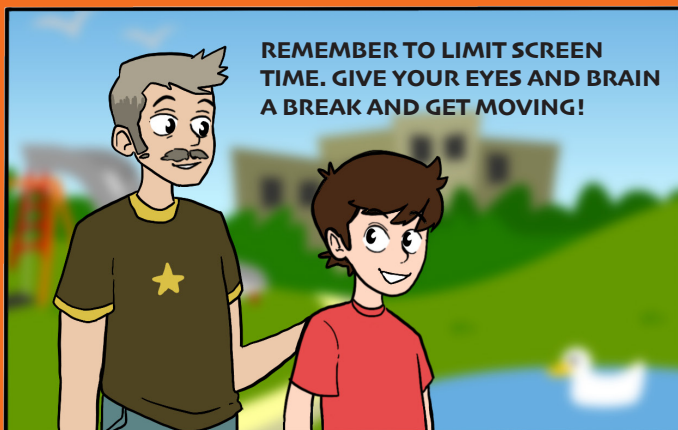
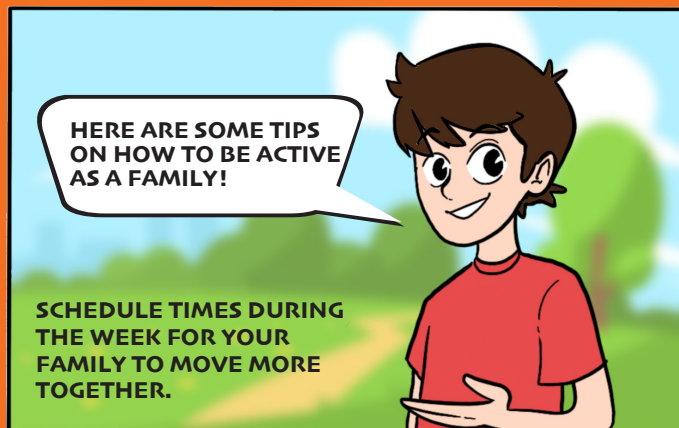
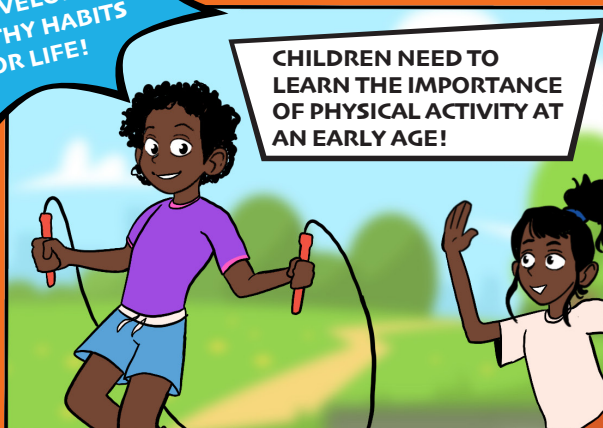


FAMILY CHALLENGE #3

BE PHYSICALLY ACTIVE AS A FAMILY TO DEVELOP HEALTHY HABITS FOR LIFE!



MOVE 1 HOUR EVERY DAY + LIMIT SCREEN TIME



CHALLENGE TRACKER: LOG THE NUMBER OF DAYS YOUR FAMILY MOVES 1 HOUR EVERY DAY!

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