January 2016 Monthly Challenge Options

• Complete the 30 Day Nutritional Challenge:



• Complete the New Year's Workout, at least 3X a week, for entire month of January 2016:



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!

Location: https://hyperdrive2.hyperoffice.com/Personal/Brandi/POSITIVE PULSE WELLNESS/MONTLY CHALLENGES/2016

Original: 12/21/2015 Revised: 12/29/2015