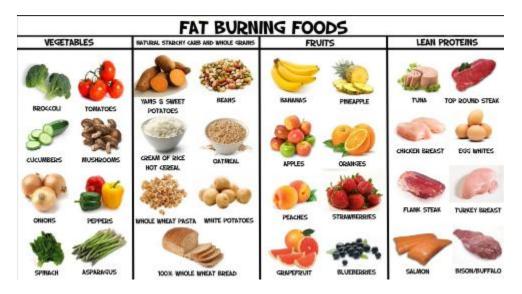
May 2016 Monthly Challenge Options for WCDHD

• Complete at least 100 of <u>one</u> of the following: Squats, lunges, push-up, crunches, sit-ups, jumping jacks, rope jumps, etc. at least 3 X a week for the month of May 2016.



• Add at least one fat burning foods to breakfast, lunch, and supper, at least 3 X a week for the month of May 2016.



Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!

Location: https://hyperdrive2.hyperoffice.com/Personal/Brandi/POSITIVE PULSE WELLNESS/MONTLY CHALLENGES/2016 Original: 4/27/2016 Revised: