November 2016 Monthly Challenge Options

 Option 1: Tell someone why you are thankful for them at least 3 times a week for the entire month of November 2016.



Option 2: Complete the "Work Off That Candy Workout" at least 3 times a week for the
entire month of November 2016. Optional modification: Complete the "Work Off That
Candy Workout" at least 3 times a week for the entire month of November 2016, for half
the time increments listed.



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/Groups/Positive Pulse Wellness/MONTLY CHALLENGES/2016

Original: 10/31/16

Revised: