

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!!!