December 2016 Monthly Challenge Options

- Option 1: Complete the “A Very Merry 30-Day Workout” for the month of December 2016. Optional modification: Complete half of the daily requirements.

- Option 2: Volunteer at least one hour of your time each week for the month of December 2016 to help someone in need.

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