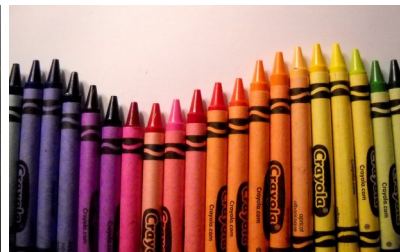


30-Day Wellness Challenge



<p>This week's goal: Avoid processed food.</p>	<p><u>Sunday, August 6</u> 35 Crunches 14 Leg Raises 30 Second Plank</p>	<p><u>Monday, August 7</u> 40 Crunches 16 Leg Raises 35 Second Plank</p>	<p><u>Tuesday, August 8</u> 45 Crunches 18 Leg Raises 40 Second Plank</p>	<p><u>Wednesday, August 9</u> 50 Crunches 20 Leg Raises 45 Second Plank</p>	<p><u>Thursday, August 10</u> REST or find a fun activity!</p>	<p><u>Friday, August 11</u> 55 Crunches 22 Leg Raises 50 Second Plank</p>	<p><u>Saturday, August 12</u> 60 Crunches 24 Leg Raises 55 Second Plank</p>
<p>This week's goal: Stretch daily to increase flexibility.</p>	<p><u>Sunday, August 13</u> 65 Crunches 26 Leg Raises 60 Second Plank</p>	<p><u>Monday, August 14</u> REST or find a fun activity!</p>	<p><u>Tuesday, August 15</u> 70 Crunches 28 Leg Raises 65 Second Plank</p>	<p><u>Wednesday, August 16</u> 75 Crunches 30 Leg Raises 70 Second Plank</p>	<p><u>Thursday, August 17</u> 80 Crunches 32 Leg Raises 75 Second Plank</p>	<p><u>Friday, August 18</u> REST or find a fun activity!</p>	<p><u>Saturday, August 19</u> 82 Crunches 33 Leg Raises 80 Second Plank</p>
<p>This week's goal: Avoid processed food.</p>	<p><u>Sunday, August 20</u> 84 Crunches 34 Leg Raises 85 Second Plank</p>	<p><u>Monday, August 21</u> 86 Crunches 35 Leg Raises 90 Second Plank</p>	<p><u>Tuesday, August 22</u> REST or find a fun activity!</p>	<p><u>Wednesday, August 23</u> 88 Crunches 36 Leg Raises 95 Second Plank</p>	<p><u>Thursday, August 24</u> 90 Crunches 37 Leg Raises 100 Second Plank</p>	<p><u>Friday, August 25</u> 92 Crunches 38 Leg Raises 105 Second Plank</p>	<p><u>Saturday, August 26</u> REST or find a fun activity!</p>
<p>This week's goal: Stretch daily to increase flexibility.</p>	<p><u>Sunday, August 27</u> 94 Crunches 39 Leg Raises 110 Second Plank</p>	<p><u>Monday, August 28</u> 96 Crunches 40 Leg Raises 115 Second Plank</p>	<p><u>Tuesday, August 29</u> 98 Crunches 41 Leg Raises 120 Second Plank</p>	<p><u>Wednesday, August 30</u> REST or find a fun activity!</p>	<p><u>Thursday, August 31</u> 100 Crunches 42 Leg Raises 125 Second Plank</p>	