

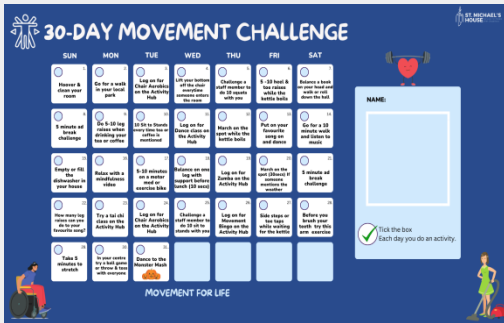


Information

30-Day Movement Challenge

October						
Fri	Sat	Sun	Mon	Tue	Wed	Thu
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

We challenge you to complete our movement challenge for the month of October.



You can print off the calendar of activities or find them on the Activity Hub for each day.



We would like you to choose group leaders to make sure everyone is doing their daily movement challenge !



We want you to send us photos & videos each week to showcase your hard work!

Send via Whatsapp to 087 721 8896