

February Challenge:

1. Sunday is the start of each week. The rest day can be whichever day you choose.
2. Set your number of workouts goal for the week.
3. The nutrition goal is the number of days having a serving of vegetables.
4. Each week, check off obtaining your goals.
5. At the end of the week, if you have met your goals, and completed the daily exercises, please text Doris (563-543-5555) or send a Facebook messenger.
6. There will be weekly prize drawings!!
7. Let Doris know your questions! Let's get February started!