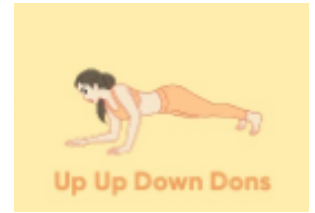
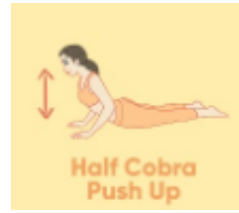
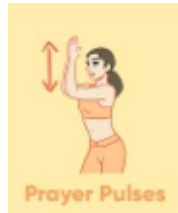
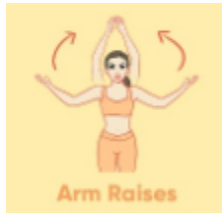
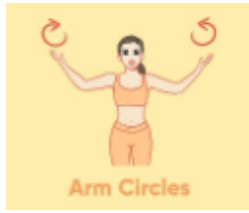


April's Wellness Challenge

Name: _____

Let's get ready for Summer and our Summer attire!

Complete all 25 days to earn your Wellness Points and an entry into the monthly drawing. Challenge is due Friday, May 8th.



Completed all: _____ 20 Arm Circles 20 Arm Raises 20 Prayer Pulses 20 Half Cobra Pushups 20 Up Up Down Downs	Completed all: _____ 20 Arm Circles 20 Arm Raises 20 Prayer Pulses 20 Half Cobra Pushups 20 Up Up Down Downs	Completed all: _____ 20 Arm Circles 20 Arm Raises 20 Prayer Pulses 20 Half Cobra Pushups 20 Up Up Down Downs	Completed all: _____ 20 Arm Circles 20 Arm Raises 20 Prayer Pulses 20 Half Cobra Pushups 20 Up Up Down Downs	Completed all: _____ 20 Arm Circles 20 Arm Raises 20 Prayer Pulses 20 Half Cobra Pushups 20 Up Up Down Downs
Completed all: _____ 25 Arm Circles 25 Arm Raises 25 Prayer Pulses 25 Half Cobra Pushups 25 Up Up Down Downs	Completed all: _____ 25 Arm Circles 25 Arm Raises 25 Prayer Pulses 25 Half Cobra Pushups 25 Up Up Down Downs	Completed all: _____ 25 Arm Circles 25 Arm Raises 25 Prayer Pulses 25 Half Cobra Pushups 25 Up Up Down Downs	Completed all: _____ 25 Arm Circles 25 Arm Raises 25 Prayer Pulses 25 Half Cobra Pushups 25 Up Up Down Downs	Completed all: _____ 25 Arm Circles 25 Arm Raises 25 Prayer Pulses 25 Half Cobra Pushups 25 Up Up Down Downs
Completed all: _____ 30 Arm Circles 30 Arm Raises 30 Prayer Pulses 30 Half Cobra Pushups 30 Up Up Down Downs	Completed all: _____ 30 Arm Circles 30 Arm Raises 30 Prayer Pulses 30 Half Cobra Pushups 30 Up Up Down Downs	Completed all: _____ 30 Arm Circles 30 Arm Raises 30 Prayer Pulses 30 Half Cobra Pushups 30 Up Up Down Downs	Completed all: _____ 30 Arm Circles 30 Arm Raises 30 Prayer Pulses 30 Half Cobra Pushups 30 Up Up Down Downs	Completed all: _____ 30 Arm Circles 30 Arm Raises 30 Prayer Pulses 30 Half Cobra Pushups 30 Up Up Down Downs
Completed all: _____ 35 Arm Circles 35 Arm Raises 35 Prayer Pulses 35 Half Cobra Pushups 35 Up Up Down Downs	Completed all: _____ 35 Arm Circles 35 Arm Raises 35 Prayer Pulses 35 Half Cobra Pushups 35 Up Up Down Downs	Completed all: _____ 35 Arm Circles 35 Arm Raises 35 Prayer Pulses 35 Half Cobra Pushups 35 Up Up Down Downs	Completed all: _____ 35 Arm Circles 35 Arm Raises 35 Prayer Pulses 35 Half Cobra Pushups 35 Up Up Down Downs	Completed all: _____ 35 Arm Circles 35 Arm Raises 35 Prayer Pulses 35 Half Cobra Pushups 35 Up Up Down Downs
Completed all: _____ 40 Arm Circles 40 Arm Raises 40 Prayer Pulses 40 Half Cobra Pushups 40 Up Up Down Downs	Completed all: _____ 40 Arm Circles 40 Arm Raises 40 Prayer Pulses 40 Half Cobra Pushups 40 Up Up Down Downs	Completed all: _____ 40 Arm Circles 40 Arm Raises 40 Prayer Pulses 40 Half Cobra Pushups 40 Up Up Down Downs	Completed all: _____ 40 Arm Circles 40 Arm Raises 40 Prayer Pulses 40 Half Cobra Pushups 40 Up Up Down Downs	Completed all: _____ 40 Arm Circles 40 Arm Raises 40 Prayer Pulses 40 Half Cobra Pushups 40 Up Up Down Downs

