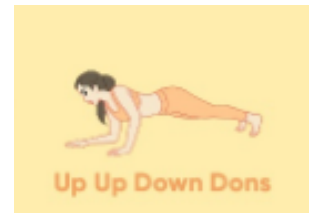
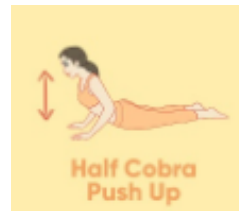
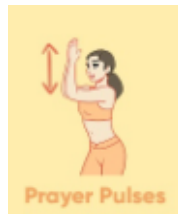
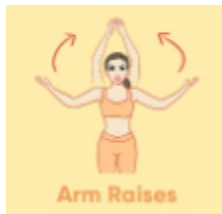
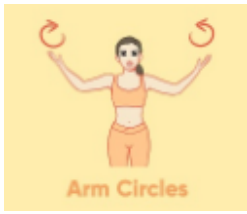


April's Wellness Challenge

Name: _____

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

Complete all 25 days to earn your 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

