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|---------------------------|--------------------------|----------------------------|-------------------------------|------------------------------|
| Spend 30 minutes outdoors | Stretch for 15 minutes   | 100 burpees                | Practice journaling           | 100 jumping jacks            |
| 30 minutes of cardio      | 100 deadlifts            | 100 bicep curls            | Drink an extra glass of water | Meditate for 15 minutes      |
| 30 minutes of cardio      | Read a health article    | TAKE A BREAK               | 50 push-ups                   | Take on online fitness class |
| 100 mountain climbers     | 100 dumbbell calf raises | Sign up for Fit Fest 2021! | 30 minutes of cardio          | Spend 30 minutes outdoors    |
| Learn a new yoga pose     | Set goals for 2021       | 100 tricep extensions      | 50 squats                     | Find 3 healthy new recipes   |