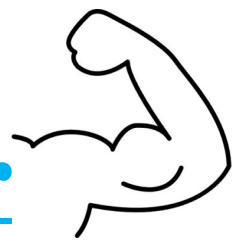




# Workout Warrior



Jan 2nd- Jan 31st / Worth 2 wellness point

## Start With Small Steps

Don't get overwhelmed by your fitness goals for the new year. Small changes can yield big results as you work towards the bigger goal.

Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29
Jan 30	Jan 31					

**END OF THE CHALLENGE**

I've completed the challenge!

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(Print Name)