



TODAY IS...

SATURDAY

BIG DREAM

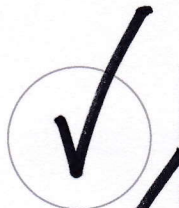
MOVE/SWEAT/EXERCISE CONSISTENTLY

TINY GOAL FOR TODAY



STRETCH FOR 3 MINUTES—
WHILE LISTENING TO MUSIC

EXTRA CREDIT



Do 5 PUSH UPS — KNEES ON
THE GROUND IS FINE! 😊



TEXT KATE AND INVITE HER
TO GO FOR A WALK TONIGHT.

YOU'RE DOING A GREAT JOB!