



5 MINUTE CHALLENGE



DAY 1

WALK

ACTIVITY



COMPLETED?

DAY 2

YOGA



DAY 3

YOUTUBE VIDEO



DAY 4



DAY 5



DAY 6

ACTIVITY



COMPLETED?

DAY 7



DAY 8



DAY 9



DAY 10



For ten days in a row, commit to at least five minutes of exercise. It can be a walk outside, a dance around the house, five minutes of an exercise video on youtube... anything! Once you've completed your five minutes mark it off on your chart. If you end up feeling excited to keep going great, if not- that's fine too! You only have to do five minutes a day for ten days to complete the challenge. **Good luck!**



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DAY 5

ACTIVITY _____

COMPLETED?



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ACTIVITY _____

COMPLETED?



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