

Get Set!



Before the event
you will receive
your activity
tracking sheet



This way you
can see what
you need to
do to prepare
for the
Challenge

Wellness Activity Challenge



The activities are designed so you can
finish all of them in a single day with
minor preparation if any.

Get Set!

Look for Your Activity Tracking Sheet:

Where: _____

When: _____

Get Set!

The Challenge Begins:

The contact for this event is:
