CHALLENGE WORKBOOK

Jump for Joy

CHAMPIONS CHALLENGE: March 1 – 5th, 2022



Agenda

This is a challenge about taking massive action, here is what we'll be doing to start off each day:

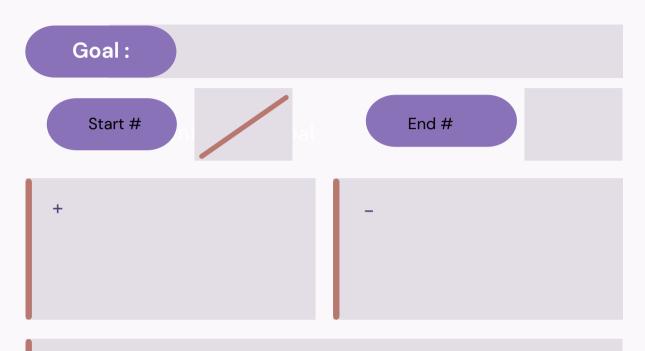
- #1 5 minutes of movement
- #2 Share our joy
- **#3 Document progress**
- #4 Tips, Teaching & Techniques



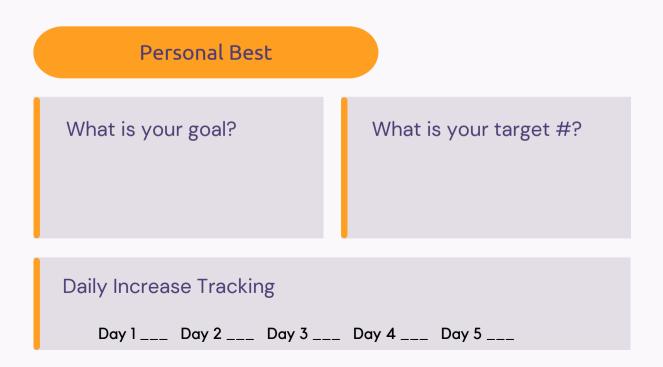
CHALLENGE WORKBOOK

Challenge Goals What is one thing you'd realistically like to see

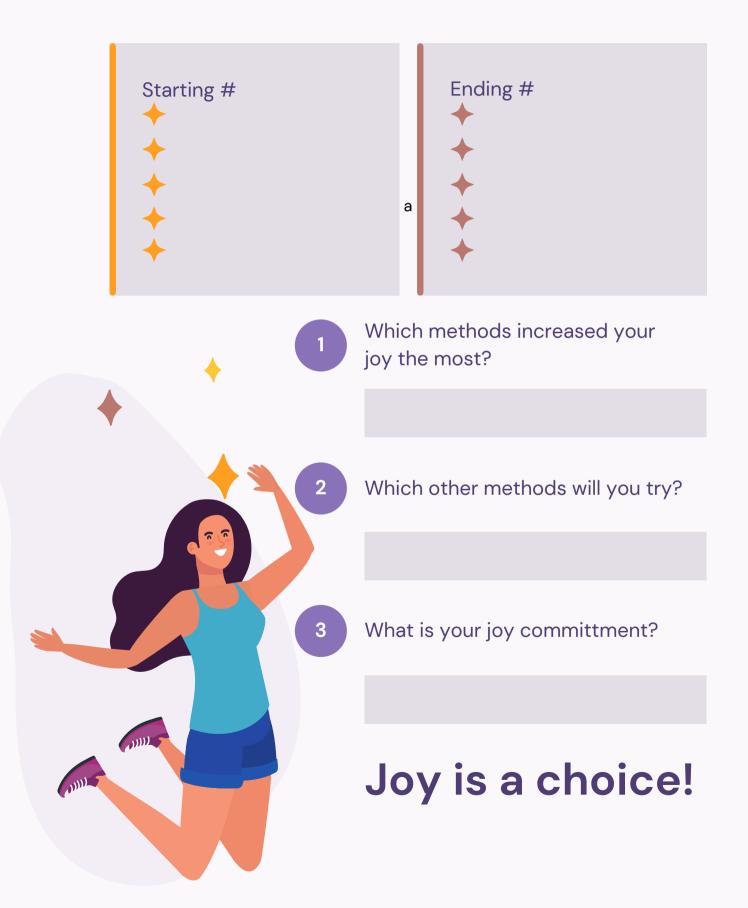
improve over the next week?

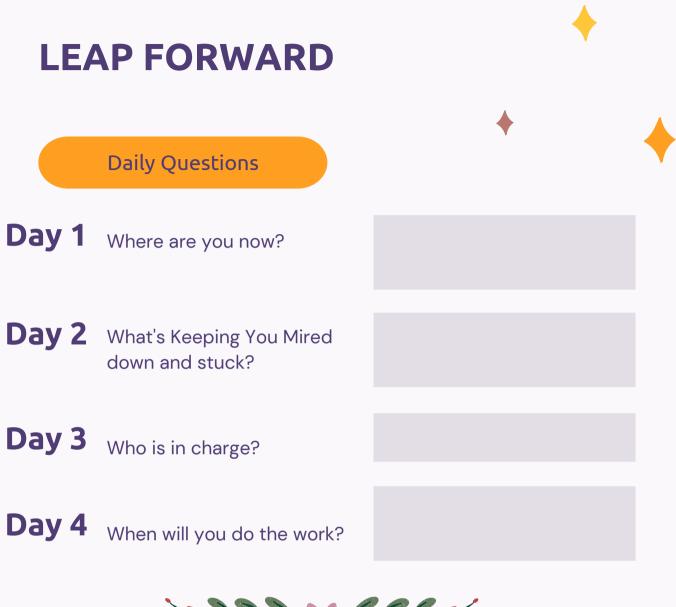


What will it mean to you if you complete this goal?



Your Personal Joy Meter







Day 5 What action(s) are you willing to take?

