



OCTOBER NEWSLETTER 2022

STAYING ACTIVE FOR WORK. SPORT. LIFE.



OCTOBER CHALLENGE! Squats and Planks/Push-UPS

Day	# Squats	# Planks/Push-Ups	How do you feel?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
TOTAL			

WHOOHOO YOU DID IT!!