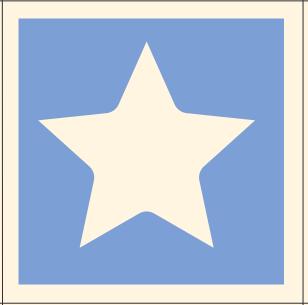


SWAP A SNACK FOR A HEALTHIER ONE COMPLETE
AN EXTRA
1000
STEPS
THAN YOUR
AVERAGE

GET YOUR 5 A DAY IN

50 PRESS-UPS



DRINK 2L OF WATER

50 JUMPING JACKS COOK/ PREPARE FROM SCRATCH FOR ONE DAY

BONUS

COMPLETE YOUTUBE WORKOUT

