

BALANCE: 30 DAY LIFE CHALLENGE

Balance and Stability is an important factor of physical health!

Take some time every day to balance on each leg for the time specified on that given day. *If you can't do it for as long as that time, go as long as you can!* Check off the day that you complete.

 <p><u>Day 1</u> 10 secs.</p> <input type="checkbox"/>	 <p><u>Day 2</u> 10 secs.</p> <input type="checkbox"/>	 <p><u>Day 3</u> 15 secs.</p> <input type="checkbox"/>	 <p><u>Day 4</u> 15 secs.</p> <input type="checkbox"/>
 <p><u>Day 5</u> 20 secs.</p> <input type="checkbox"/>	 <p><u>Day 6</u> 20 secs.</p> <input type="checkbox"/>	 <p><u>Day 7</u> 25 secs.</p> <input type="checkbox"/>	 <p><u>Day 8</u> 25 secs.</p> <input type="checkbox"/>
 <p><u>Day 9</u> 30 secs.</p> <input type="checkbox"/>	 <p><u>Day 10</u> 30 secs.</p> <input type="checkbox"/>	 <p><u>Day 11</u> 35 secs.</p> <input type="checkbox"/>	
 <p><u>Day 12</u> 35 secs</p> <input type="checkbox"/>	 <p><u>Day 13</u> 40 secs.</p> <input type="checkbox"/>	 <p><u>Day 14</u> 40 secs</p> <input type="checkbox"/>	 <p><u>Day 15</u> 45 secs</p> <input type="checkbox"/>
 <p><u>Day 16</u> 45 secs</p> <input type="checkbox"/>	 <p><u>Day 17</u> 50 secs</p> <input type="checkbox"/>	 <p><u>Day 18</u> 55 secs</p> <input type="checkbox"/>	
 <p><u>Day 19</u> 1 min</p> <input type="checkbox"/>	 <p><u>Day 20</u> 1 min</p> <input type="checkbox"/>	 <p><u>Day 21</u> 1 min 5 secs</p> <input type="checkbox"/>	 <p><u>Day 22</u> 1 min 5 secs</p> <input type="checkbox"/>
 <p><u>Day 23</u> 1 min 10 secs</p> <input type="checkbox"/>	 <p><u>Day 24</u> 1 min 10 secs</p> <input type="checkbox"/>	 <p><u>Day 25</u> 1 mins 15 secs</p> <input type="checkbox"/>	
<p><u>Day 26</u> 1 min 15 secs</p> <input type="checkbox"/>	<p><u>Day 27</u> 1 min 20 secs</p> <input type="checkbox"/>	<p><u>Day 28</u> 1 min 20 secs</p> <input type="checkbox"/>	<p><u>Day 29</u> 1 min 25 secs</p> <input type="checkbox"/>
<p><u>Day 30</u> 1 min 30 secs</p> <input type="checkbox"/>			

Send your completed challenges to Kristina at kloughborough@maconnnc.org for 10 LIFE points.

Name: _____

Department: _____