

prairienaturals®

June

TEAM CHALLENGE



To-Do this Month

- Drink 8 glasses of water
- Get outdoors and enjoy the sunshine
- Make your own popsicles
- Workout and get fit!
- Check our Instagram stories for daily inspiration how to #livethehealthylife



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| May 29 | 30 | 31 | June 1 | 2 | 3 | 4 |
| | | | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 15-second plank | 15-minute jog | 15-second toe touches | 15 lunges | 15-second wall sit | 15-second star jump | 15-second jump rope |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Father's Day | | Summer Begins! | | | | |
| 15-second plank | 15-minute jog | 15-second toe touches | 15 lunges | 15-second wall sit | 15-second star jump | 15-second jump rope |
| 26 | 27 | 28 | 29 | 30 | July 1 | 2 |
| Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | Drink 8 glasses of water | | |

