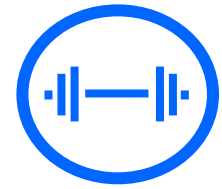


2016 OLYMPIC CHALLENGE



August:	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
2 hours canoeing or 5000 meters on Row Machine																			
Cycling—15 miles																			
60 min racquetball, tennis, badminton, or ping pong																			
120 min of weight lifting to include bench press, dead lifts and barbell squats																			
30 min swimming laps or holding a plank																			
20 min target shooting (archery or gun)																			
60min soccer, volleyball, golf, or basketball (child's play counts)																			
Run/Walk 10K (6.2 miles)																			
Eat no added sugar or junk food for 5 consecutive days																			
Eat no added sugar or junk food for 5 consecutive days																			
Eat a healthy breakfast for 5 consecutive days																			
Drink 8+ glasses of water per day for 5 days in a row																			

Name: _____ email: _____ Number of Gold Medals: _____