

DC Fit 10 Summer Games Challenge 2016

| Activity | 8/8 | 8/9 | 8/10 | 8/11 | 8/12 | 8/13 | 8/14 | 8/15 | 8/16 | 8/17 | 8/18 | 8/19 | 8/20 | 8/21 | 8/22 | 8/23 | 8/24 | 8/25 | 8/26 | 8/27 | Total | |
|-------------------------|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|--|
| 2 Min Plank | | | | | | | | | | | | | | | | | | | | | | |
| Thank You | | | | | | | | | | | | | | | | | | | | | | |
| Healthy Meals | | | | | | | | | | | | | | | | | | | | | | |
| Kindness | | | | | | | | | | | | | | | | | | | | | | |
| Water | | | | | | | | | | | | | | | | | | | | | | |
| 45 min workout | | | | | | | | | | | | | | | | | | | | | | |
| 30 min mind time | | | | | | | | | | | | | | | | | | | | | | |
| DC Fit 10 Team Training | | | | | | | | | | | | | | | | | | | | | | |
| DC Fit 10 1:1 | | | | | | | | | | | | | | | | | | | | | | |
| Weekly Challenge | | | | | | | | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | | | | | | | |