



Complete 100
star jumps by
the time you
go to bed.

Throw and
catch a ball 50
times without
dropping it.

Hold something
of weight out in
front of you for
90 seconds

Complete
7000 steps in
one day.

Do an online
(YouTube)
workout.

Go out for a
45 minutes
walk.

Do 60 push
ups by the
time you go to
bed.

Do some
housework or
gardening for 45
minutes

**Complete as many bauble
challenges as possible.**