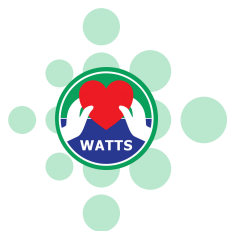


April




Spring Fitness Challenge

2024

My fitness activity is: _____

Frequency: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Participating is easy!

- 1) Choose your activity and join our Facebook Group - "WATTS Spring Fitness Challenge"
- 2) Create your personal Facebook fundraiser using the link in the Group.
- 3) Share your FB fundraiser with your friends/followers and invite them to support you.
- 4) Complete your activity for the whole month of April; record on your calendar/tracker.
- 5) Be sure to post and share about your progress in our FB Group - we'll be rooting for you!
- 6) Update your followers/friends with how you're doing and keep sharing your fundraiser!

Not on Facebook? Anyone can scan the QR code and donate directly to WATTS!