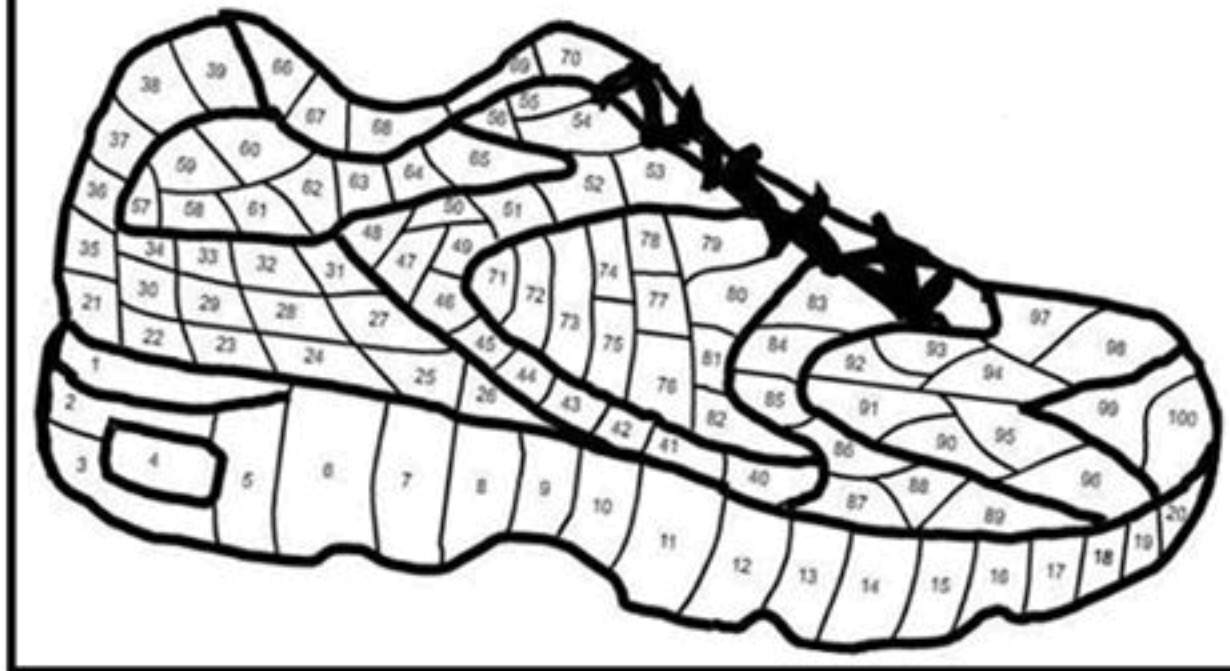


# 100 DAYS



## ***100-Day Challenge Count-Up Card***

*Directions:* Print out on white cardstock and stick on your refrigerator.

Color in a block for each day that you move for 30 minutes that day.

When completely filled in, cut out along the black square and insert into a 5x7 frame,  
and display proudly!