

# MOVE THE 39 RESILIENCE YOUR WAY CHALLENGE

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

My Chosen Challenges: \_\_\_\_\_

Circle Options: 1km Swim, 1km run, 1km walk, 5min chair yoga, 5min breathwork, or wellbeing moment

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YOU CAN  
DO THIS

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YOU GOT  
THIS!

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Don't  
Give up!

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YOU DID IT!