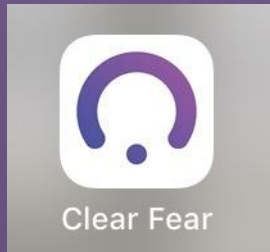


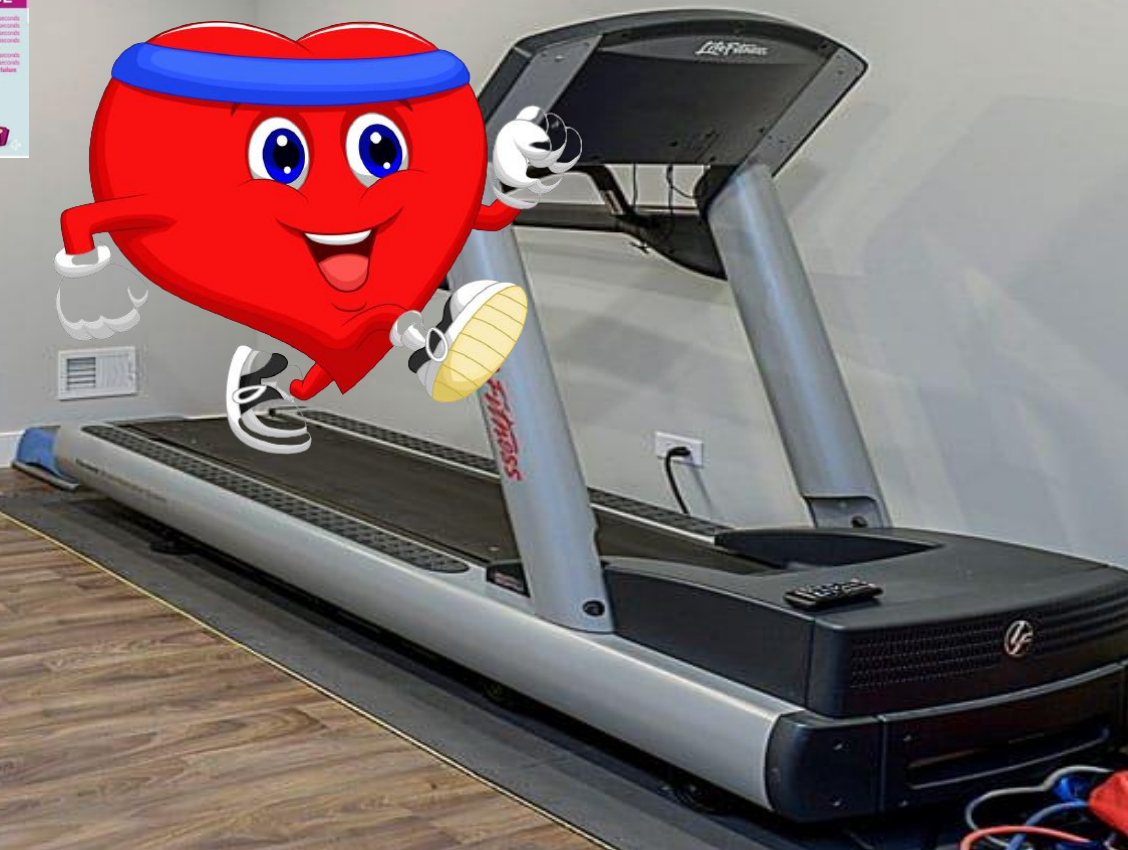
Relax and Set Your Mind at Ease



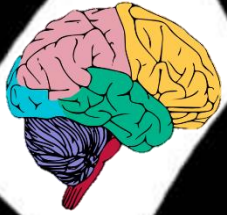


TRY THE 28 DAY PLANK CHALLENGE

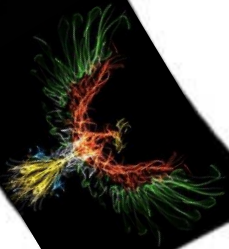
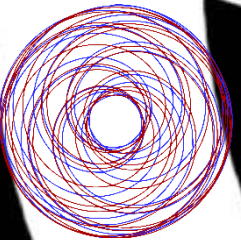
Day 1 - 30 seconds	Day 11 - 60 seconds	Day 21 - 150 seconds
Day 2 - 30 seconds	Day 12 - 60 seconds	Day 22 - 160 seconds
Day 3 - 30 seconds	Day 13 - 90 seconds	Day 23 - 160 seconds
Day 4 - 30 seconds	Day 14 - 90 seconds	Day 24 - 170 seconds
Day 5 - 40 seconds	Day 15 - 90 seconds	Day 25 - 160 seconds
Day 6 - 40 seconds	Day 16 - 120 seconds	Day 26 - 170 seconds
Day 7 - 40 seconds	Day 17 - 120 seconds	Day 27 - 180 seconds
Day 8 - 50 seconds	Day 18 - 120 seconds	Day 28 - 180 seconds
Day 9 - 50 seconds	Day 19 - 150 seconds	Day 29 - 180 seconds
Day 10 - 50 seconds	Day 20 - 150 seconds	Day 30 - 180 seconds

A small illustration of a person in a plank position, wearing a pink top and green shorts, used to represent the challenge.

Puzzles, Games & Coloring



A X S Q T
A W I A
E G O I
R Z A R H A
Y W H F D Q
P C O A S



Let Your Mind Wander

Zen Garden

Recognize the Good Stuff

Coral Reef

Friendship

Breathing Circle

Underwater

Glitter

Fireplace

Gratitude

Daily Reflection

Visual Relaxation & Journaling

Sounds & Music





Cooking & Nutrition

