

2021 Winter Challenge 2

JAN. 25 -
FEB. 7



UMD

RUN, HIKE
OR WALK

DANCE

BUILD A
SNOW FORT

**Kids
Choice**

STRETCHING

**Kids
Choice**

PLANKS

BURPEES OR
PUSH-UPS

**Kids
Choice**

AB
CRUNCHES

20 MIN.
FREE PLAY

GO
SLEDDING

EXPLORE A
NEW PARK

CLEAN
YOUR ROOM

**Kids
Choice**

LUNGES