

THE WELLNESS WAY COLLABORATIVE 20X20 OUTDOOR CHALLENGE

www.TheWellnessWayCollab.com

MONTH OF:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20



Challenge Guidelines

Do some form of movement outside for at least 20 days this month.
Post a picture of your completed form to social media, and tag
#20x20challenge for a chance to win a prize!