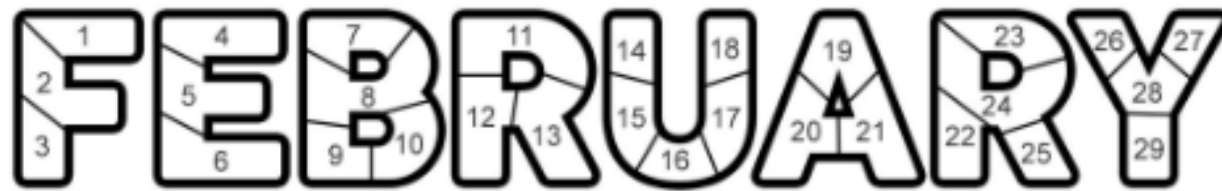


♥️FEBRUARY WELLNESS CHALLENGE ♥️

This month, I'm challenging us to TWO challenges. You can do one or both to qualify for the raffle!

1. Each day, tell at least one person that they matter to you, say "I love you" to someone, or do an act of kindness. For each day you do it, color in the day of February.



2. Let's move this month! I'm doing a 100 miles in February challenge for a group that matters a great deal to me. If you get 100 miles of movement, color in the 100!



My name is _____