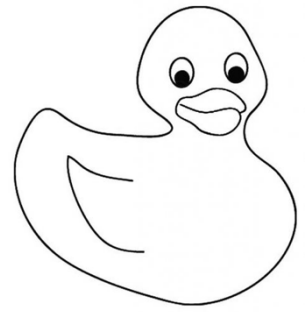


GET AFTER IT THIS WEEK! FOCUS ON ONE STICKER AT A TIME, ONE DAY AT A TIME. DON'T MAKE EXCUSES, MAKE AN EFFORT AND GET THE WORK DONE. I'M CHALLENGING YOU TO GET ALL THE DUCKS THIS WEEK. CAN YOU DO IT?

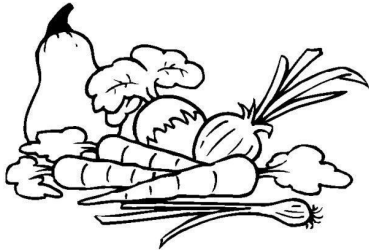


Name: _____

Week 4: May 11—May 17

GET THAT DUCK!

MON TUES WED THURS FRI SAT



EAT A FRUIT AND VEGETABLE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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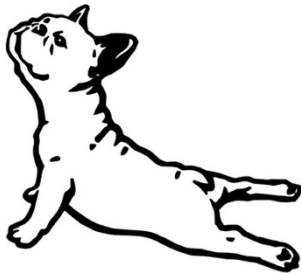
GET 8+ HOURS OF SLEEP

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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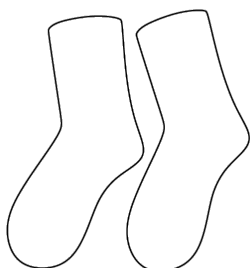
TRAIN FOR AT LEAST 1 HOUR

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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STRETCH FOR 10 MINUTES

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DO SOMETHING FUN! ☺

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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