

# JUNE 2020

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<input type="checkbox"/> 2L water <input type="checkbox"/> #30ForTheKids <input type="checkbox"/> 10,000 steps <input type="checkbox"/> 10 min. stretching <input type="checkbox"/> 15 min. reading	<input type="checkbox"/> 2L water <input type="checkbox"/> #30ForTheKids <input type="checkbox"/> 10,000 steps <input type="checkbox"/> 10 min. stretching <input type="checkbox"/> 15 min. reading	<input type="checkbox"/> 2L water <input type="checkbox"/> #30ForTheKids <input type="checkbox"/> 10,000 steps <input type="checkbox"/> 10 min. stretching <input type="checkbox"/> 15 min. reading	<input type="checkbox"/> 2L water <input type="checkbox"/> #30ForTheKids <input type="checkbox"/> 10,000 steps <input type="checkbox"/> 10 min. stretching <input type="checkbox"/> 15 min. reading	<input type="checkbox"/> 2L water <input type="checkbox"/> #30ForTheKids <input type="checkbox"/> 10,000 steps <input type="checkbox"/> 10 min. stretching <input type="checkbox"/> 15 min. reading	<input type="checkbox"/> 2L water <input type="checkbox"/> #30ForTheKids <input type="checkbox"/> 10,000 steps <input type="checkbox"/> 10 min. stretching <input type="checkbox"/> 15 min. reading
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**#30For  
theKids**  
30 days | 30 minutes | \$30

- Pick one workout to complete per day:**
- 30 minutes stairmaster
  - 100 Push-Ups 200, Sit-Ups, 300 Air Squats
  - Run 3 miles or Walk 45 minutes
  - 100 burpees as fast as possible
  - 60 minutes biking

**Notes/Goals:**