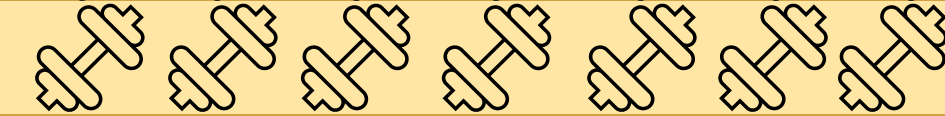


Abe's Focus on Fitness Challenge

WEEK 1



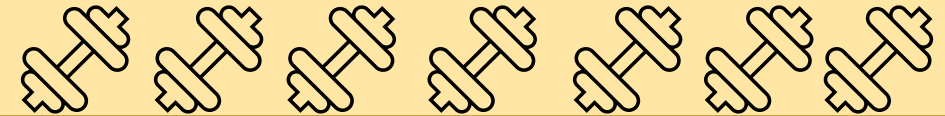
WEEK 2



WEEK 3



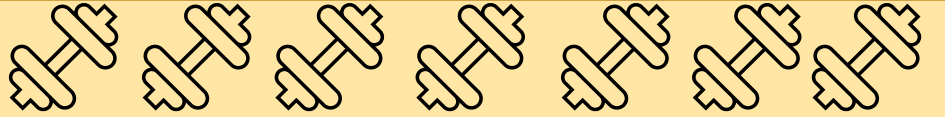
WEEK 4



WEEK 5




WEEK 6



You did it!!!

Color in 1  For each Focus on Fitness video you watch.

Color in 1  For each workout you complete. Try for 5 a week

If you collect 25  's at the end of the challenge you will earn a prize!



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