



SPIRITUAL



PHYSICAL



INTUITIONAL



NATURAL



EMOTIONAL



MENTAL

CHALLENGE

FLIP A COIN



Heads



Tails

30 Crunches -or- 1 Min Plank

30 Squats -or- 30 Lunges

20 Push Ups -or- 20 Tricep Dips

20 Burpees -or- 20 Jumping Jacks

20 Broad Jumps -or- 30 Crunches

30 Squats -or- 30 Push Ups

As many rounds as possible