


**MONTHLY**   **CHALLENGE**

**MARCH: Open and Social Media**  
**Open work outs can be gym or home version**

Open Work Out	Social Media Post	Open Work Out	Social Media Post	Open Work Out	Social Media Post
Open Work Out	Social Media Post	Open Work Out	Social Media Post	Open Work Out	Social Media Post

**AFTER FILLING ALL THE CIRCLES, TURN IN COMPLETED SHEET WITH NAME AND TEAM**