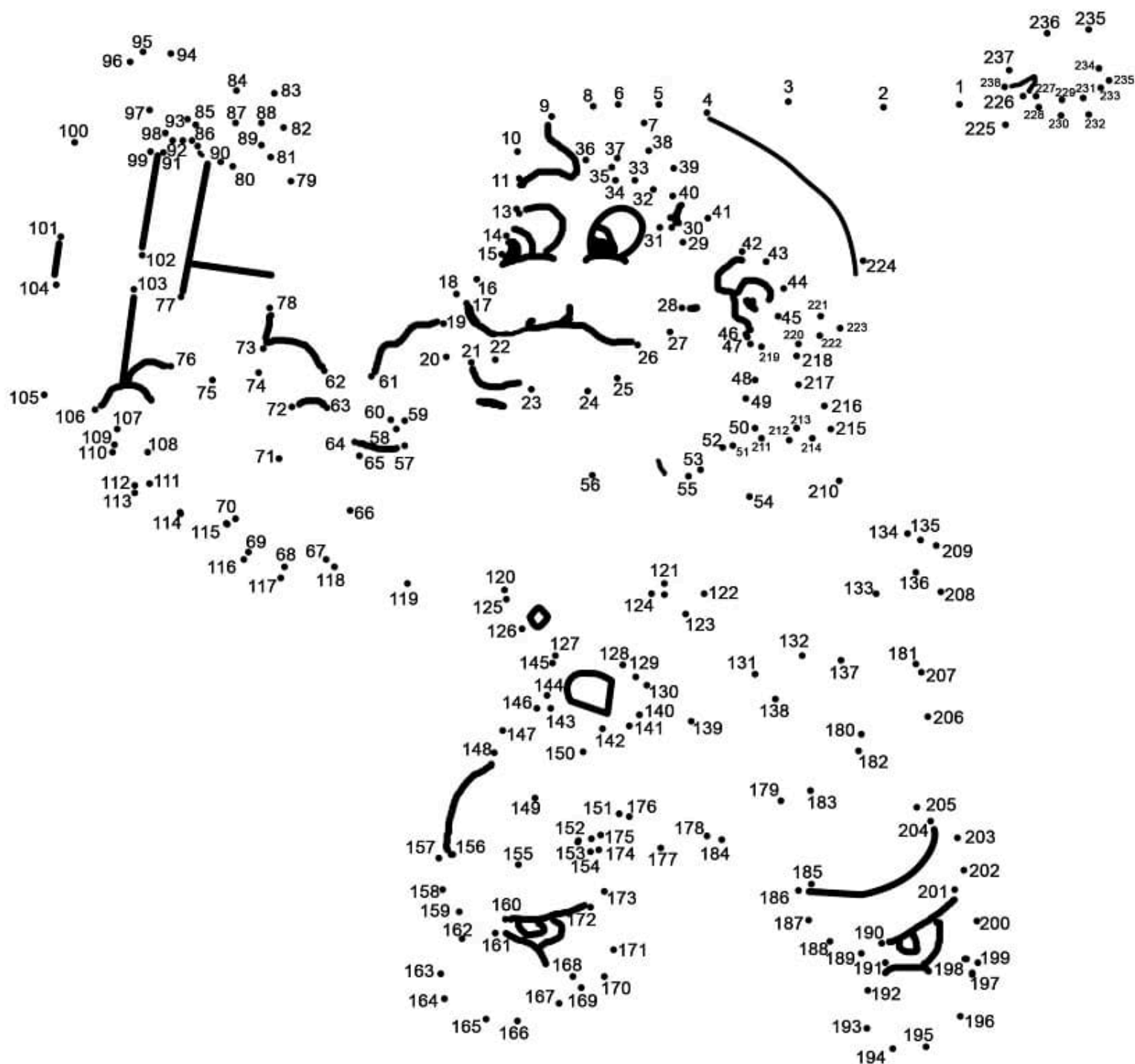


Winter Warm Up!

CONNECT THE DOTS!



Winter Warm Up!

238 Points Power Play

Today's challenge is all about connection—connecting the dots in your puzzle and connecting with movement. Your goal is to accumulate 238 points, one for each dot in the Connect the Dots puzzle. Every rep of an exercise counts as 1 point. Pick from the list provided, or choose your favorite movement to make it your own. Let's see if you can reach (or beat!) the target and complete your puzzle!



push-ups



squats



half jacks



plank jump-ins



crunches



jump knee tucks

Missed the Steady and Strong Challenge? No problem. Complete today's 238 Points Challenge and you can still enter the raffle for the \$10 Chick-fil-A gift card. Just click [here](#) to submit your results and you're in!