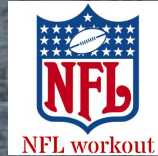


Mindful Minute

Be the **REASON**
someone
SMILES today



Welcome to Mrs. Bishop's
Virtual Classroom!
WE CHALLENGE YOU!



30-DAY SQUAT CHALLENGE

Day 1: 80	Day 17: 180	Day 33: 280
Day 2: 90	Day 18: 190	Day 34: 290
Day 3: 100	Day 19: 200	Day 35: 300
Day 4: 110	Day 20: 210	Day 36: 310
Day 5: 120	Day 21: 220	Day 37: 320
Day 6: 130	Day 22: 230	Day 38: 330
Day 7: 140	Day 23: 240	Day 39: 340
Day 8: 150	Day 24: 250	Day 40: 350
Day 9: 160	Day 25: 260	Day 41: 360
Day 10: 170	Day 26: 270	Day 42: 370
Day 11: 180	Day 27: 280	Day 43: 380
Day 12: 190	Day 28: 290	Day 44: 390
Day 13: 200	Day 29: 300	Day 45: 400
Day 14: 210	Day 30: 310	Day 46: 410
Day 15: 220	Day 31: 320	Day 47: 420
Day 16: 230	Day 32: 330	Day 48: 430
Day 17: 240	Day 33: 340	Day 49: 440
Day 18: 250	Day 34: 350	Day 50: 450

BEGINNER PUSH-UP CHALLENGE

Day 1: 5	Day 17: 20	Day 33: 35
Day 2: 10	Day 18: 25	Day 34: 40
Day 3: 15	Day 19: 30	Day 35: 45
Day 4: 20	Day 20: 35	Day 36: 50
Day 5: 25	Day 21: 40	Day 37: 55
Day 6: 30	Day 22: 45	Day 38: 60
Day 7: 35	Day 23: 50	Day 39: 65
Day 8: 40	Day 24: 55	Day 40: 70
Day 9: 45	Day 25: 60	Day 41: 75
Day 10: 50	Day 26: 65	Day 42: 80
Day 11: 55	Day 27: 70	Day 43: 85
Day 12: 60	Day 28: 75	Day 44: 90
Day 13: 65	Day 29: 80	Day 45: 95
Day 14: 70	Day 30: 85	Day 46: 100
Day 15: 75	Day 31: 90	Day 47: 105
Day 16: 80	Day 32: 95	Day 48: 110
Day 17: 85	Day 33: 100	Day 49: 115
Day 18: 90	Day 34: 105	Day 50: 120

30-DAY PLANK CHALLENGE

Day 1: 30 sec	Day 17: 2 min	Day 33: 3 min
Day 2: 35 sec	Day 18: 2.1 min	Day 34: 3.1 min
Day 3: 40 sec	Day 19: 2.2 min	Day 35: 3.2 min
Day 4: 45 sec	Day 20: 2.3 min	Day 36: 3.3 min
Day 5: 50 sec	Day 21: 2.4 min	Day 37: 3.4 min
Day 6: 55 sec	Day 22: 2.5 min	Day 38: 3.5 min
Day 7: 1 min	Day 23: 2.6 min	Day 39: 3.6 min
Day 8: 1.1 min	Day 24: 2.7 min	Day 40: 3.7 min
Day 9: 1.2 min	Day 25: 2.8 min	Day 41: 3.8 min
Day 10: 1.3 min	Day 26: 2.9 min	Day 42: 3.9 min
Day 11: 1.4 min	Day 27: 3 min	Day 43: 4 min
Day 12: 1.5 min	Day 28: 3.1 min	Day 44: 4.1 min
Day 13: 1.6 min	Day 29: 3.2 min	Day 45: 4.2 min
Day 14: 1.7 min	Day 30: 3.3 min	Day 46: 4.3 min
Day 15: 1.8 min	Day 31: 3.4 min	Day 47: 4.4 min
Day 16: 1.9 min	Day 32: 3.5 min	Day 48: 4.5 min
Day 17: 2 min	Day 33: 3.6 min	Day 49: 4.6 min
Day 18: 2.1 min	Day 34: 3.7 min	Day 50: 4.7 min

30-DAY CRUNCH CHALLENGE

Day 1: 10	Day 17: 100	Day 33: 200
Day 2: 15	Day 18: 110	Day 34: 210
Day 3: 20	Day 19: 120	Day 35: 220
Day 4: 25	Day 20: 130	Day 36: 230
Day 5: 30	Day 21: 140	Day 37: 240
Day 6: 35	Day 22: 150	Day 38: 250
Day 7: 40	Day 23: 160	Day 39: 260
Day 8: 45	Day 24: 170	Day 40: 270
Day 9: 50	Day 25: 180	Day 41: 280
Day 10: 55	Day 26: 190	Day 42: 290
Day 11: 60	Day 27: 200	Day 43: 300
Day 12: 65	Day 28: 210	Day 44: 310
Day 13: 70	Day 29: 220	Day 45: 320
Day 14: 75	Day 30: 230	Day 46: 330
Day 15: 80	Day 31: 240	Day 47: 340
Day 16: 85	Day 32: 250	Day 48: 350
Day 17: 90	Day 33: 260	Day 49: 360
Day 18: 95	Day 34: 270	Day 50: 370