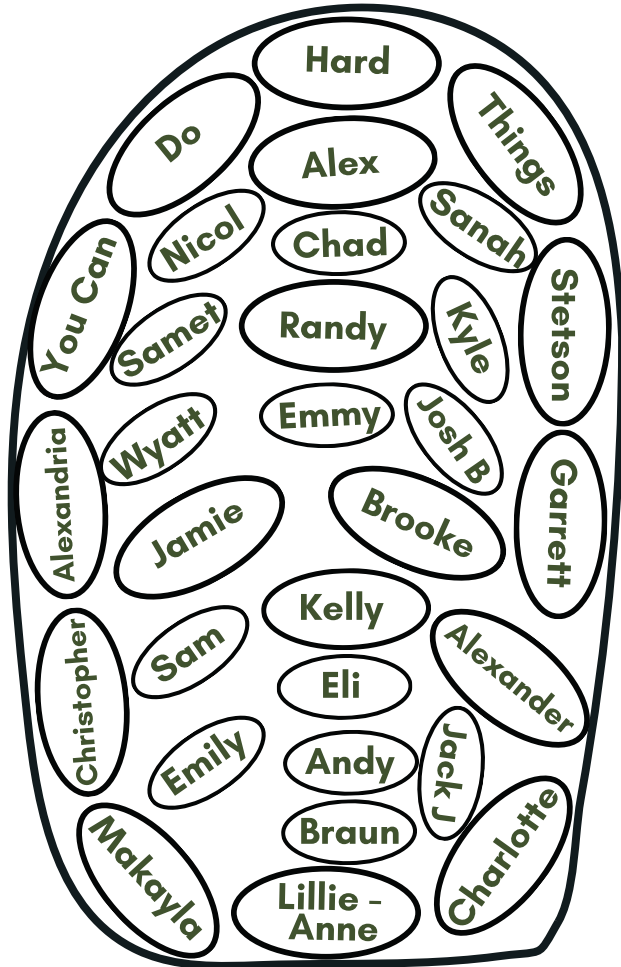
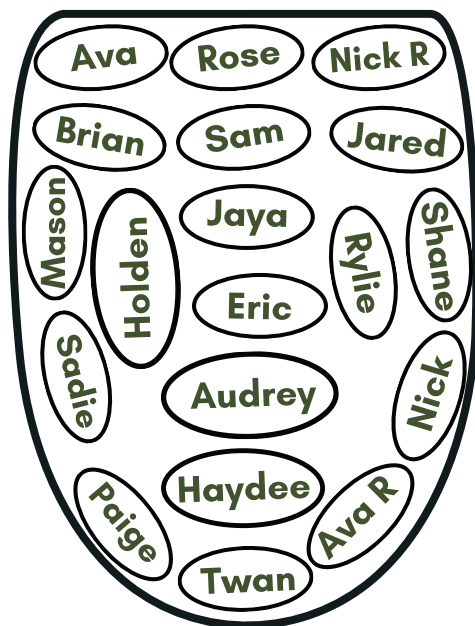
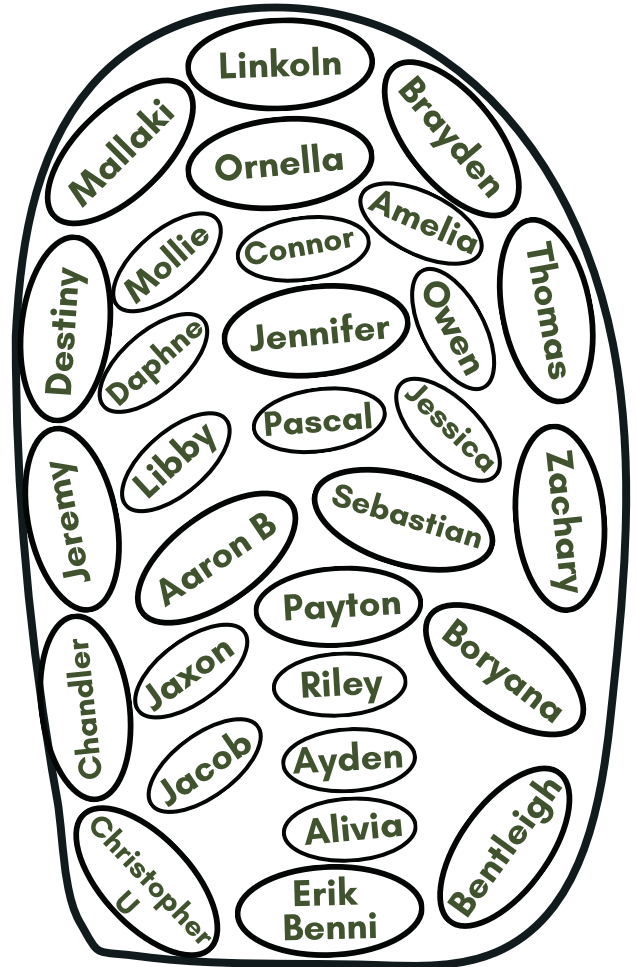


100 IN THEIR SHOES



Choose a form of exercise for yourself! Then, set a goal to complete 100 repetitions of that chosen exercise by July 9! You can commit to 100 miles, 100 minutes of walking, 100 laps around a track, 100 push-ups.. you choose!



Note: If you start by April 1, and complete 1 repetition a day, you will complete 100 In Their Shoes by July 9th!

