



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PORTAGE TOWNSHIP YMCA 40-WORKOUT CHALLENGE

	<u>DATE</u>	<u>EXERCISE</u>	<u>TIME</u>
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Name: _____



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PORTAGE TOWNSHIP YMCA 40-WORKOUT CHALLENGE

	<u>DATE</u>	<u>EXERCISE</u>	<u>TIME</u>
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Name: _____