

- ___ Monday, Jan 8 – Optional Weigh In (5:00 am-8:00 pm)
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Big Foot Rec Wellness Club

Name: _____

Week 2: **January 8-14**
Why Fitness Matters



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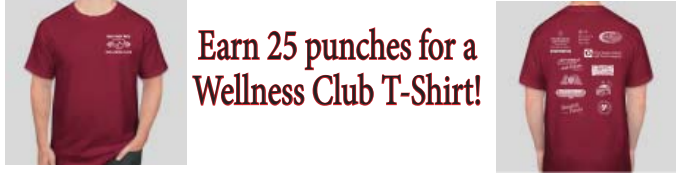
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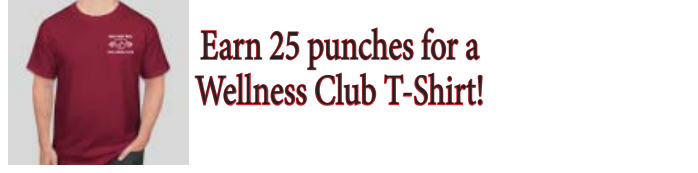


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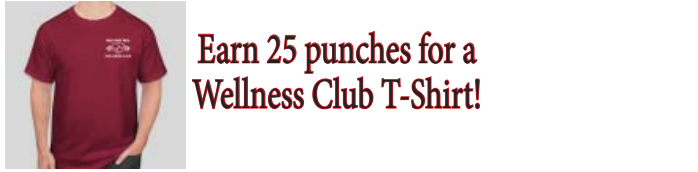


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