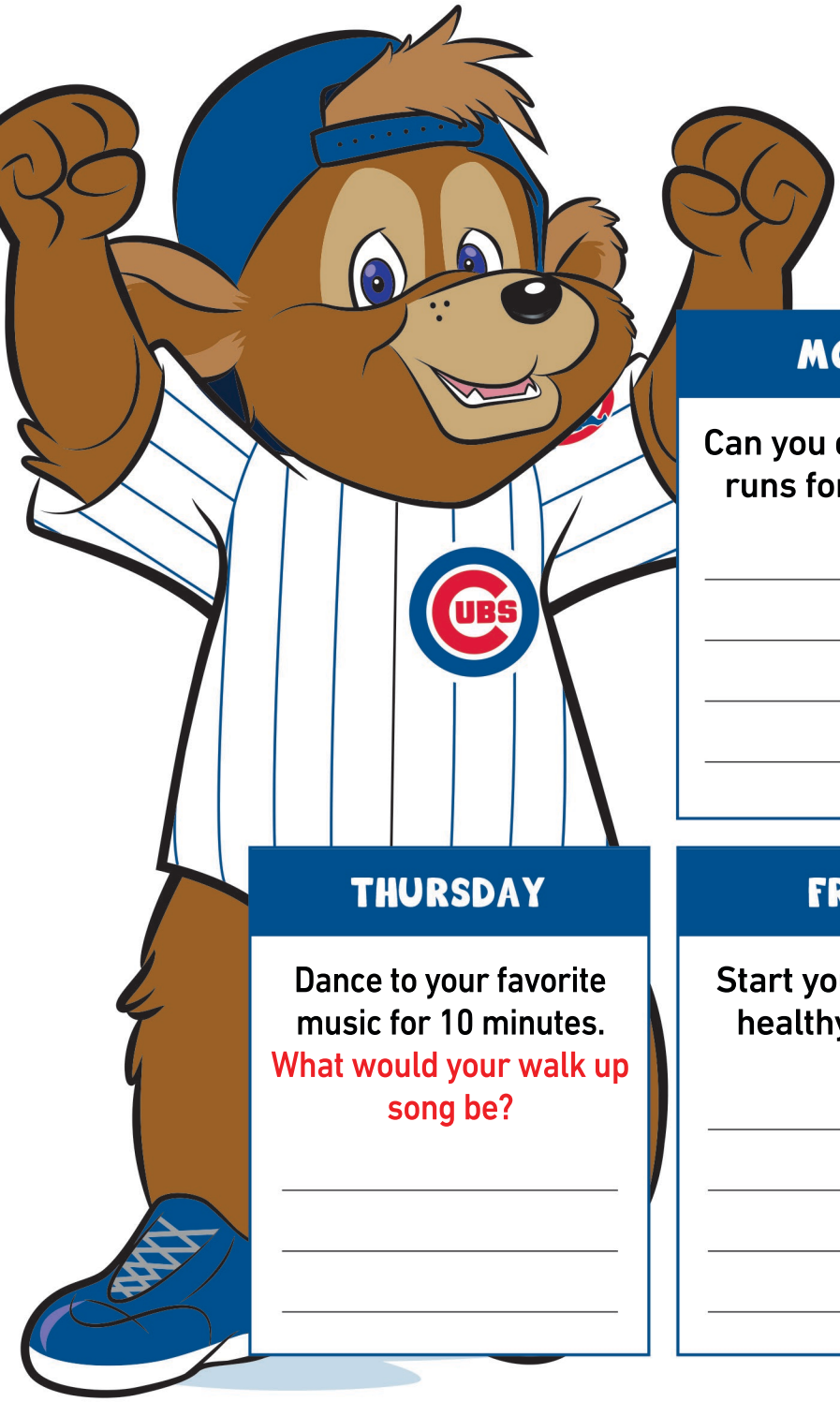

CLARK'S CALENDAR

See what Clark is up to this week and write in your own goals using the space below to add to the fun!

MONDAY

Can you do high knees runs for 5 minutes?

TUESDAY

Side Plank on both sides for 23 seconds each.

The Cubs retired jersey number 23 for the great Ryne Sandberg.

WEDNESDAY

Do wall squats while you read for as long as you can!

THURSDAY

Dance to your favorite music for 10 minutes.

What would your walk up song be?

FRIDAY

Start your day with a healthy breakfast.

SATURDAY

Cut your normal TV time in half today.

SUNDAY

Play hide and seek for 10 minutes!

YOUR NAME: _____ **WEEK:** _____

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