

Crunches Challenge

JUNE

Complete the number of crunches every day
and smash your goals 1 rep at a time!

Mon	Tues	Wed	Thu	Fri	Sat	Sun
1 40 crunches	2 50 crunches	3 55 crunches	4 45 crunches	5 65 crunches	6 75 crunches	7 100 crunches
8 70 crunches	9 60 crunches	10 90 crunches	11 95 crunches	12 75 crunches	13 100 crunches	14 95 crunches
15 60 crunches	16 95 crunches	17 85 crunches	18 100 crunches	19 80 crunches	20 90 crunches	21 70 crunches
22 100 crunches	23 85 crunches	24 70 crunches	25 100 crunches	26 95 crunches	27 85 crunches	28 100 crunches
29 120 crunches	30 150 crunches	<p>By being part of this challenge, you're making a real impact by raising funds for dementia research and care, and supporting over 446,500 Australians and 1.7million cares.</p>				