

JULY

Crunches Challenge



Complete the number of crunches each day and smash your goals, one 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 95 crunches	30 75 crunches	31 100 crunches			



By being part of this challenge, you're making a real impact by raising vital funds for dementia research and care, and **supporting over 433,300 Australians and 1.7 million carers.**