



BALANCE CHALLENGE

Keep track of your balance progress! Mark off each day you complete the balance exercise and see if you can hold the pose longer after daily practice!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**WALK LIKE A
PENGUIN**

**STAND LIKE A
FLAMINGO**

**STOMP LIKE AN
ELEPHANT**

**PRANCE LIKE A
HORSE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY