

Grounded 90 Day Challenge

T	N	O	I	T	A	V	I	T	O	M	N	S	T
H	C	S	C	H	E	A	L	T	H	E	T	T	S
Y	L	I	F	E	S	T	Y	L	E	T	I	O	T
H	N	M	E	N	O	I	T	I	R	T	U	N	N
T	O	I	H	S	C	H	A	L	L	E	N	G	E
G	A	E	T	E	L	F	I	T	N	E	S	S	F
N	I	A	D	X	N	C	O	N	T	R	I	H	I
E	T	C	H	E	A	A	E	I	H	U	F	L	C
R	R	T	R	R	W	R	W	O	R	K	O	U	T
T	E	I	X	C	F	D	T	T	N	C	O	L	O
S	T	V	T	I	X	I	U	H	L	I	G	L	N
I	H	I	L	S	O	O	E	M	D	E	C	E	E
E	E	T	D	E	H	G	R	O	U	N	D	E	D
S	A	Y	I	R	N	I	N	W	A	T	E	R	S

LIFESTYLE
FITNESS
MOTIVATION
WATER
WORKOUT
CHALLENGE
GROUNDED
EXERCISE
HEALTH
NUTRITION
CARDIO
ACTIVITY
STRENGTH

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