

# Grounded 90 Day Challenge

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| 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

Play this puzzle online at : <https://thewordsearch.com/puzzle/4054356/>

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| 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 |