

EXPECTING AND EMPOWERED

# THE *summer* OF INTENTION CHALLENGE

E & E WORKOUT

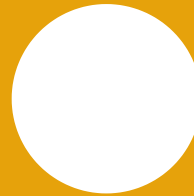
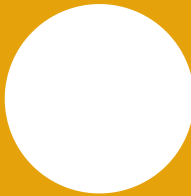
E & E WORKOUT

E & E WORKOUT

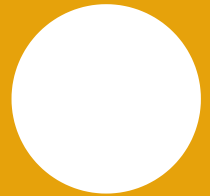
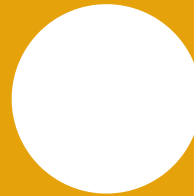
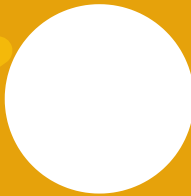
CARDIO

SELF CARE

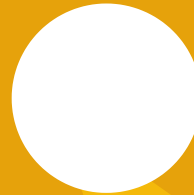
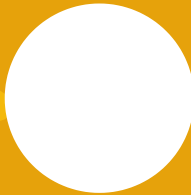
WEEK 1



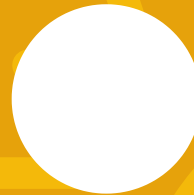
WEEK 2



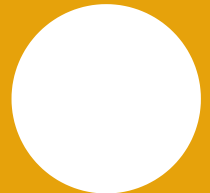
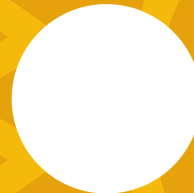
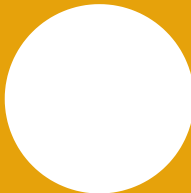
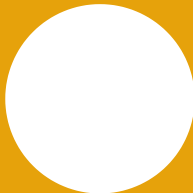
WEEK 3



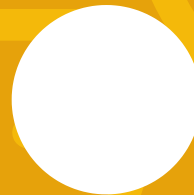
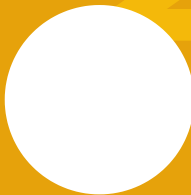
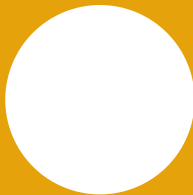
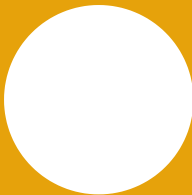
WEEK 4



WEEK 5



WEEK 6



EXPECTING AND EMPOWERED

# THE *summer* OF INTENTION CHALLENGE

## **BEGINNING OF CHALLENGE:**

WHAT ARE YOUR INTENTIONS FOR THIS CHALLENGE?  
EXAMPLES: PATIENCE, RESILIENCE, COURAGE, ETC.

## **END OF CHALLENGE:**

HOW DO YOU FEEL LIKE YOUR INTENTIONS IMPACTED  
THIS CHALLENGE?