



Kick-Off a Healthier Lifestyle

Activity	Start Time	End Time
Challenge: Plank/Push-Up (Men)	11:20 AM	11:40 PM
Pot Painting	11:30 AM	12:15 PM
Breathing & Stretching	11:40 PM	12:00 PM
Mandala on Canvas	12:00 PM	12:45 PM
Laughter Wellness	12:10 PM	12:30 PM
Lucky Dip Raffle Draw	12:30 PM	
Movement & Breath	12:40 PM	1:00 PM
Qi Gong	1:15 PM	1:35 PM
Challenge: Plank/Push-Up (Men)	1:45 PM	2:00 PM
Mindfulness	2:00 PM	2:20 PM
Plank Challenge (Women)	2:30 PM	2:45 PM
Lucky Dip Raffle Draw	2:45 PM	
Dance Fitness	3:00 PM	3:20 PM
Pot Painting	3:00 PM	3:45 PM
Lucky Dip Raffle Draw	3:20 PM	
Mindful Movement for Sleep	3:30 PM	3:50 PM
Mandala on Canvas	3:30 PM	4:15 PM
Storytelling	3:30 PM	3:50 PM
Dance Fitness	4:00 PM	4:20 PM
Challenge: Plank/Push-Up (Men)	4:00 PM	4:15 PM
Challenge: Plank/Push-Up (Women)	4:15 PM	4:30 PM

Win gifts throughout the day!

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