



Here are your challenges – click the link to watch the Introduction, then click ONE challenge per day.

Keep adding a new one each day until Day 10 when you are doing all 10 challenges.

**Introduction – Watch video** [**here**](https://vimeo.com/503420857/e8918bbb06)

☐ [Day One](https://vimeo.com/503419806/92ddb5b988) ☐ [Day Two](https://vimeo.com/503419896/ff3bf3e37a) ☐ [Day Three](https://vimeo.com/503420144/ce47e06a1a)

☐ [Day Four](https://vimeo.com/503420246/a0e86900df) ☐ [Day Five](https://vimeo.com/503420353/f2252b10a5) ☐ [Day Six](https://vimeo.com/503420478/eb9b4c65bd)

☐ [Day Seven](https://vimeo.com/503420561/62e847ab7d) ☐ [Day Eight](https://vimeo.com/503420646/9242fdced8) ☐ [Day Nine](https://vimeo.com/503420758/1c9efbf3c7)

☐ [Day Ten](https://vimeo.com/503419998/ec833141fc)