

Name: _____







Feel the difference

HOLD ON TO THE GOOD HABIT - POWER BREAK

	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday

Set a  every time you've done a set of OfficeFit's exercises

-  Avoid injuries and pain
-  Get more energy
-  Feel more confident in your work
-  Get strong with your colleagues!