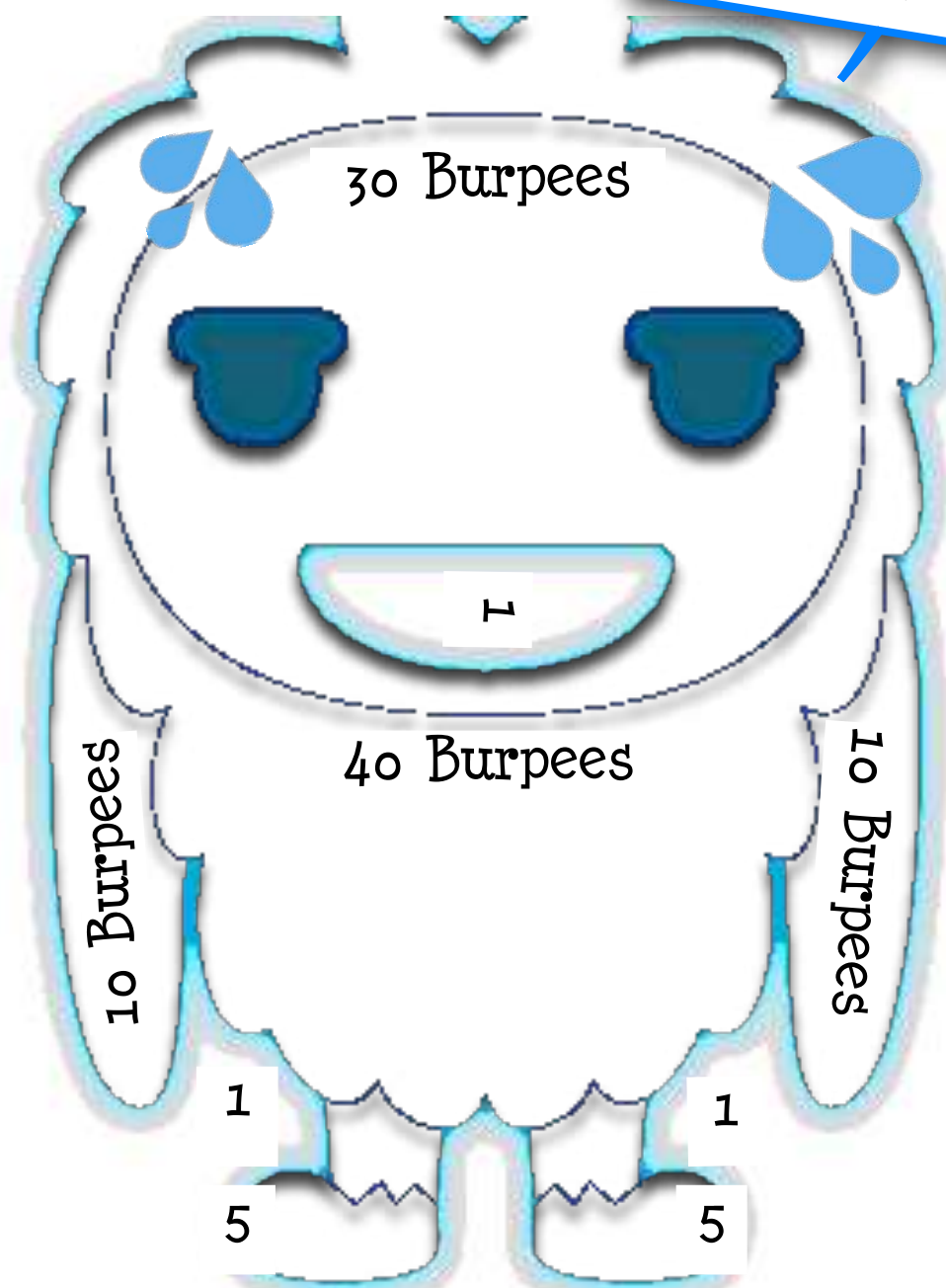


# Burpee Challenge *THE YETI WAY*

Can you do 103 Burpees? Even though it sounds like a difficult task, go for it, little bits at a time. This powerful word, YET gets you in the mindset that you can do anything. See where this important word can take you!

Over the month, as you complete your burpees, color in the corresponding section. When finished, bring in your YETI for a special prize. Don't forget to put your name on it and have a parent sign it!



Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_