

Punch Card Challenges - All

HEALTHY SNACKS challenge

Reward: _____

Visit islandscene.com for healthy snack ideas and recipes!

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Reward: _____

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Hydration Challenge

One punch for every day you meet your hydration goal.

Treat: _____

Visit islandscene.com for hydration tips!

Hydration Challenge

One punch for every day you meet your hydration goal.

Treat: _____

Visit islandscene.com for hydration tips!

Get Moving Challenge

One punch every time you get moving!

Reward: _____

Visit islandscene.com for fitness inspiration and tips!

Get Moving Challenge

One punch every time you get moving!

Reward: _____

Visit islandscene.com for fitness inspiration and tips!

CHALLENGE

REWARD: _____

VISIT ISLANDSCENE.COM
FOR HEALTH AND WELL-BEING INSPO!

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REWARD: _____

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