



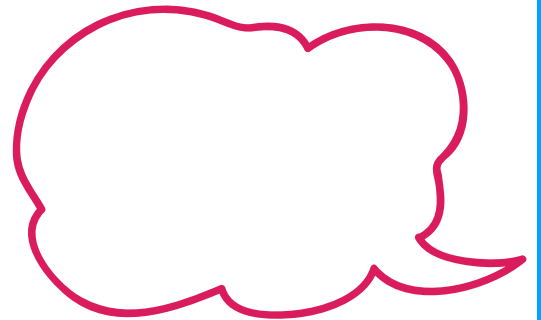
# Active Academy

FITNESS FOR ALL

## What makes you happy?



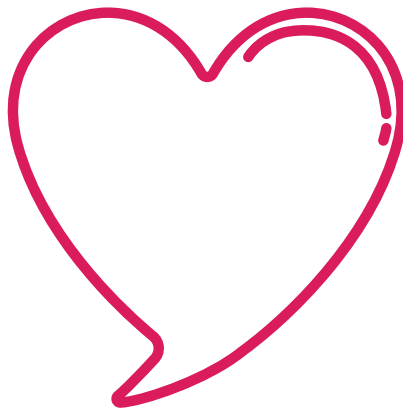
**Monday**



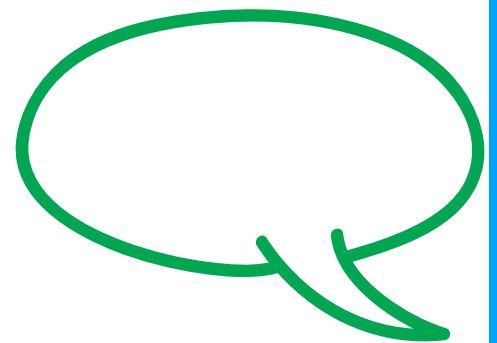
**Friday**



**Tuesday**



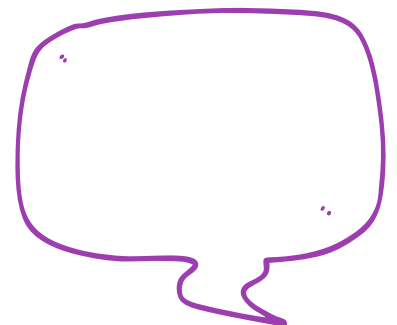
**Thursday**



**Saturday**



**Wednesday**



**Sunday**

**Every day this week write down one thing that makes you happy**

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