

2023 ACTIVE CHALLENGE SEPTEMBER

SCAN ME TO
FIND NEXT
WEEK'S ACTIVE
CHALLENGE



Keep track of your weekly progress below by colouring in and adding your scores. Don't forget to share your progress with us.

Tag us in your pictures on social media, using the hashtag
#PREMIERACTIVECHALLENGE



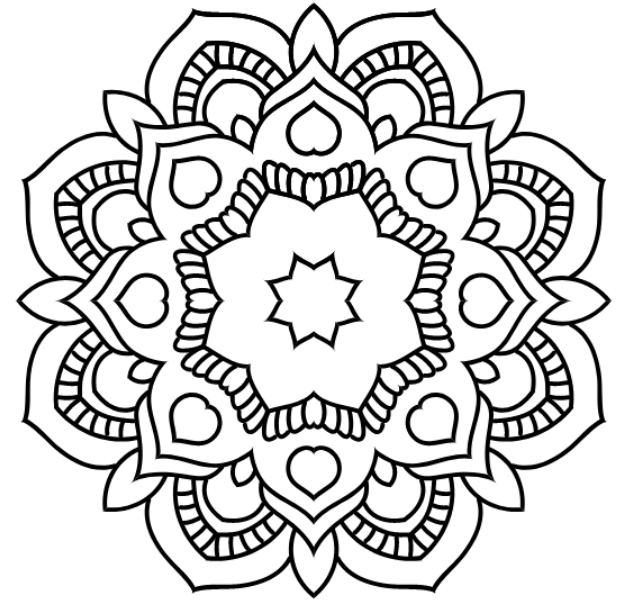
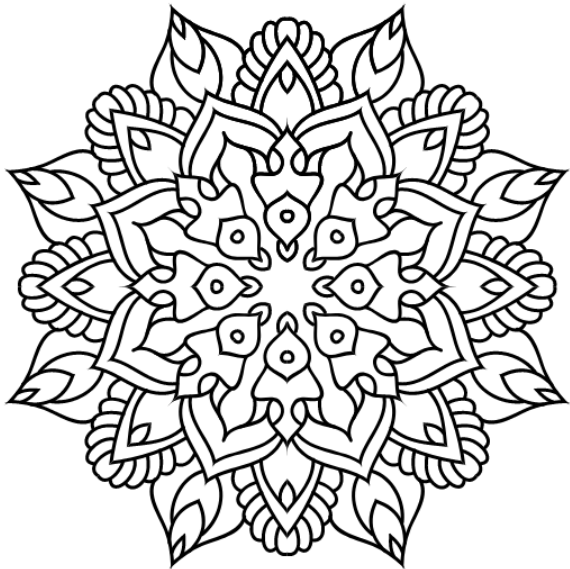
WEEK 36

BACK TO SCHOOL YOGA

ONCE YOU'VE ENJOYED OUR RELAXING YOGA CHALLENGE, FOLLOW IT UP WITH SOME MINDFUL COLOURING!

DOES MINDFUL COLOURING HELP YOU RELAX?

COLOUR ME IN



WEEK 37

RUGBY CHALLENGE

CAN YOU IDENTIFY THESE FOUR RUGBY WORLD CUP WINNING SIDES BY THEIR NATIONAL FLAG?

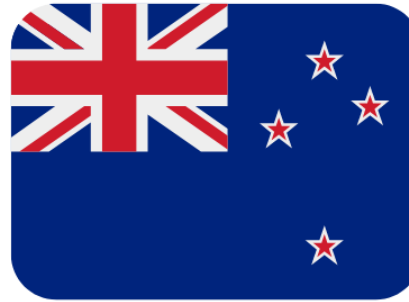
WHO ARE YOU SUPPORTING IN THE 2023 RWC?

IDENTIFY THE FLAG!

1.



2.



3.



4.



WEEK 38

TOY SWAP

COLOUR
ME IN!



MY BEST TIME IS _____ SECONDS

WEEK 39

PARACHUTE

DESIGN
YOUR OWN
PARACHUTE!

COLOUR
ME IN

