

2023 ACTIVE CHALLENGE JANUARY

SCAN ME TO
FIND NEXT
WEEK'S ACTIVE
CHALLENGE



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

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



WEEK 1

DANCE PARTY



COLOUR
ME IN!

WEEK 2

WINTER SCAVENGER HUNT

HOW MANY DID YOU SPOT?

1



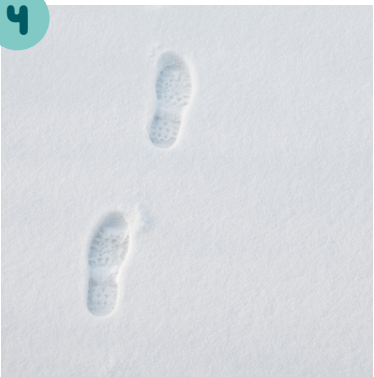
2



3



4



5

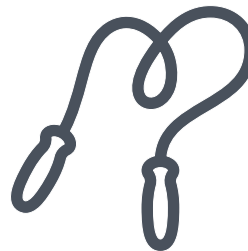
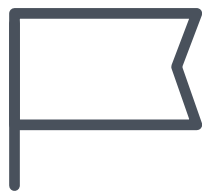


6



WEEK 3

INDOOR OBSTACLE COURSE



WHAT WAS
YOUR TIME?

WEEK 4

WINTER HIIT WORKOUT



COLOUR
ME IN!

WEEK 5

BALLOON VOLLEYBALL



COLOUR
ME IN!