

MOVE FOR BELLA

JUNE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 ★ MOVEMENT CHALLENGE BEGINS!	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

GETTING STARTED CHECKLIST

- Set up your fundraising page here: <https://bellahealthwellness.redpodium.com/crowd/move-for-bella/sign-up>
- Share your page with your friends and family and invite them to support you
- Track your hours and follow our Instagram or Facebook for updates
- If you raise \$100 Bella will send you a t-shirt