



NAME: _____

EMAIL: _____

RCW Challenge Instructions: Post a few photos of each activity or pose, with the sticker to your FG and IG accounts. Use the #tags **#ReclaimYourWild** and **#OneTreePlanted**. Make sure the posts are Public and not Friends Only. Complete the Challenge in 30 consecutive days!

DAY	DATE	LOCATION	FB / IG POSTS (Y/N)	#TAGS (Y/N)
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Email your completed log to TraciWeberYoga@gmail.com