

WHOLESOME AS F%#K FEBRUARY

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Share goals with
your WAFF crew!

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Text an update!

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Insert community
event here (your
WAFF, your rules)!

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Text an update!

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CHALLENGE SWAP!
Choose a pal, and
do their challenge
for a day!

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Community
activity #2!

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CHALLENGE SWAP!

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HUMP DAY HIKE?
Again, your WAFF,
your rules!

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Text an update!

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Text an update!

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Forgive yourself,
be gentle, do
something nice.

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PARTY and reflection,
10/10 would recommend!

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