HAVE A HEALTHY HAPPY DAY!

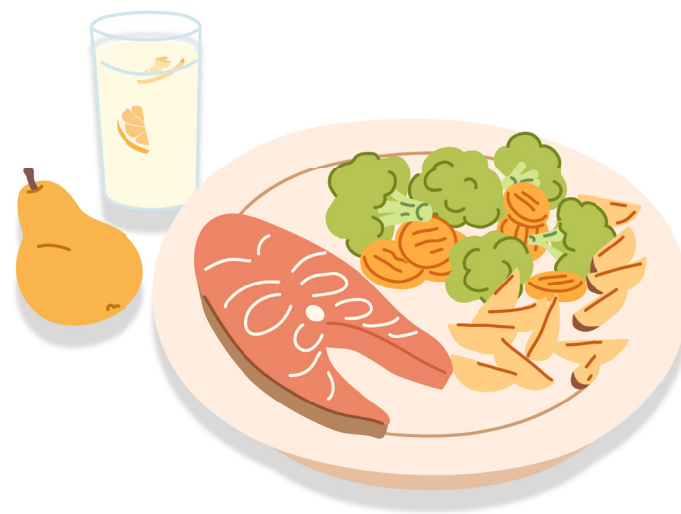**7:00 AM**
Wake up & stretch!

7:10 AM
Hug your parents & smile

7:30 AM
Healthy breakfast with fruits

8:00 AM
Start your classes

12:00 PM
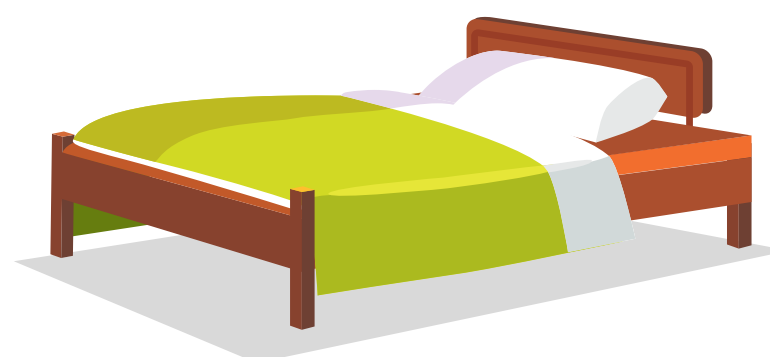Healthy lunch with veggies

3:00 PM
Have a quick walk outside

4:30 PM
Healthy snack with yogurt

7:00 PM
Warm, relaxing shower

8:00 PM
Quick stretch before bedtime

WHAT'S YOUR 30?
30 MINUTES. 30 DAYS.

DUBAI
FITNESS CHALLENGE
:30x30

SKECHERS

modesh