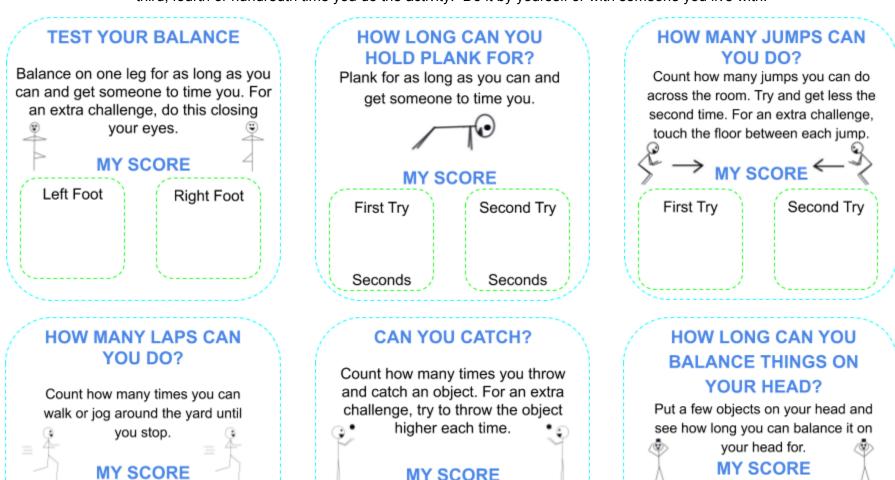


First Try

Second Try

Spirit North Improvement Challenge

Get active and challenge yourself to improve! Do each activity and record your success. Your challenge is to improve the second, third, fourth or hundredth time you do the activity. Do it by yourself or with someone you live with.



Extra challenge: Make up your own challenge! What skill or personal challenge do you want to improve on?

Second Try

First Try

Seconds

Second Try

Seconds

First Try