



TOTAL MINUTE CHALLENGE

WEEK 3



PARTICIPANT HIGHLIGHT

WHO?

EVERYONE!!

There were 118 participants over the course of this 3-week challenge, and the stats are beyond impressive

THE STATS

Total: 121,277 Minutes

Collective average per day: 5,775 Minutes

Weekly average per person: **342 minutes**
(+192 above the weekly target of 150 minutes!)

20+ exercise variations incorporated and
more than **300 workouts done with a buddy**