Complete the following courageous act before continuing on your journey.

**50 Jumping Jacks**

**+ 1 Act of Encouragement**

**Courage** *(noun)*

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.**

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism to the world, despite the difficult challenges and negative forces that battled against them.

Complete the following courageous act before continuing on your journey.

**50 High Knees**

**+ 1 Act of Encouragement**

**Courage** *(noun)*

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.**

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism to the world, despite the difficult challenges and negative forces that battled against them.

Complete the following courageous act before continuing on your journey.

**50 Mountain Climbers**

**+ 1 Act of Encouragement**

**Courage** *(noun)*

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.**

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism to the world, despite the difficult challenges and negative forces that battled against them.

Complete the following courageous act before continuing on your journey.

**50 Plank Jacks**

**+ 1 Act of Encouragement**

**Courage** *(noun)*

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.**

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism to the world, despite the difficult challenges and negative forces that battled against them.

Complete the following courageous act before continuing on your journey.

**50 Ski Jumpers**

**+ 1 Act of Encouragement**

**Courage** *(noun)*

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.**

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism to the world, despite the difficult challenges and negative forces that battled against them.

Complete the following courageous act before continuing on your journey.

**15 Push-Ups**

**+ 1 Act of Encouragement**

**Courage** *(noun)*

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.**

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism to the world, despite the difficult challenges and negative forces that battled against them.

Complete the following courageous act before continuing on your journey.

**10 Burpees**

**+ 1 Act of Encouragement**

**Courage** *(noun)*

**Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.**

We are all very proud of the teams who displayed courage by carrying messages of hope and optimism to the world, despite the difficult challenges and negative forces that battled against them.