

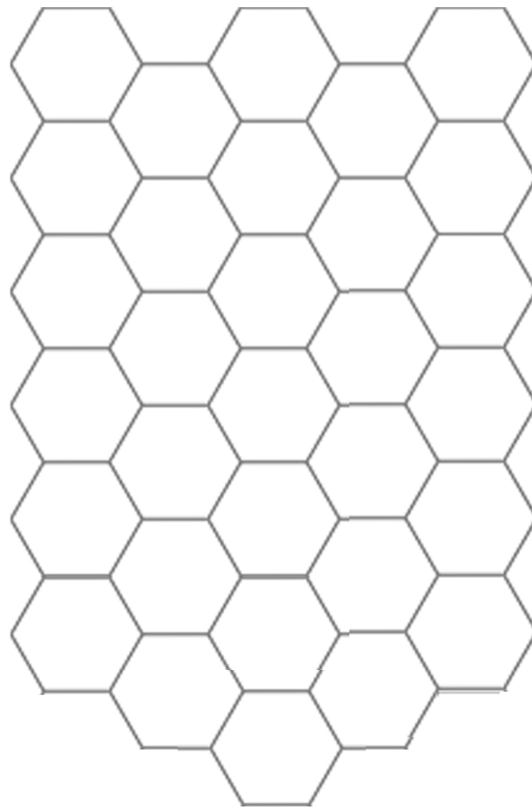
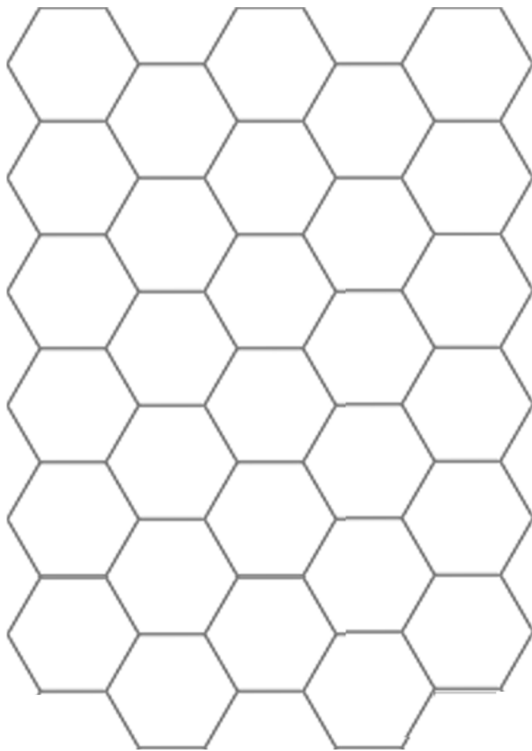
# 2021 Pre-Season

## 61 Tiny Changes

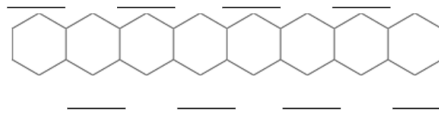


Fill in one space EVERY DAY  
when you put in your 10 minutes!  
(Remember, no makeups if you miss a day!)

For more, visit [tinyfitnesshouston.com/2020](https://tinyfitnesshouston.com/2020)



Legend (for optional color-coding):  
add your own labels on the provided lines  
for activities you find yourself repeating



tiny changes  big results