



REPORT

3

WORKOUTS

0

KCAL

0

MINUTES

WEEK GOAL

1/6



7X4 CHALLENGE

FULL BODY
7x4 CHALLENGE
28 Days left 0%

LOWER BODY
7x4 CHALLENGE

CHEST

CHEST BEGINNER
Last time: Today



28 Days left 0%

A calendar grid showing the challenge schedule over three weeks. Each week has a header with a plus icon and the week number. The grid consists of two rows of four days each. Week 1 shows day 1 as the active day (circled in blue) and day 4 with a trophy icon. Week 2 shows day 4 with a trophy icon. Week 3 shows day 4 with a trophy icon.

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web these steps provide an excellent framework to use on your visits with someone with alzheimer s or another dementia approach from the front do not startle them establish eye contact this shows interest in them call the person by name again showing interest in them get down to eye level if needed