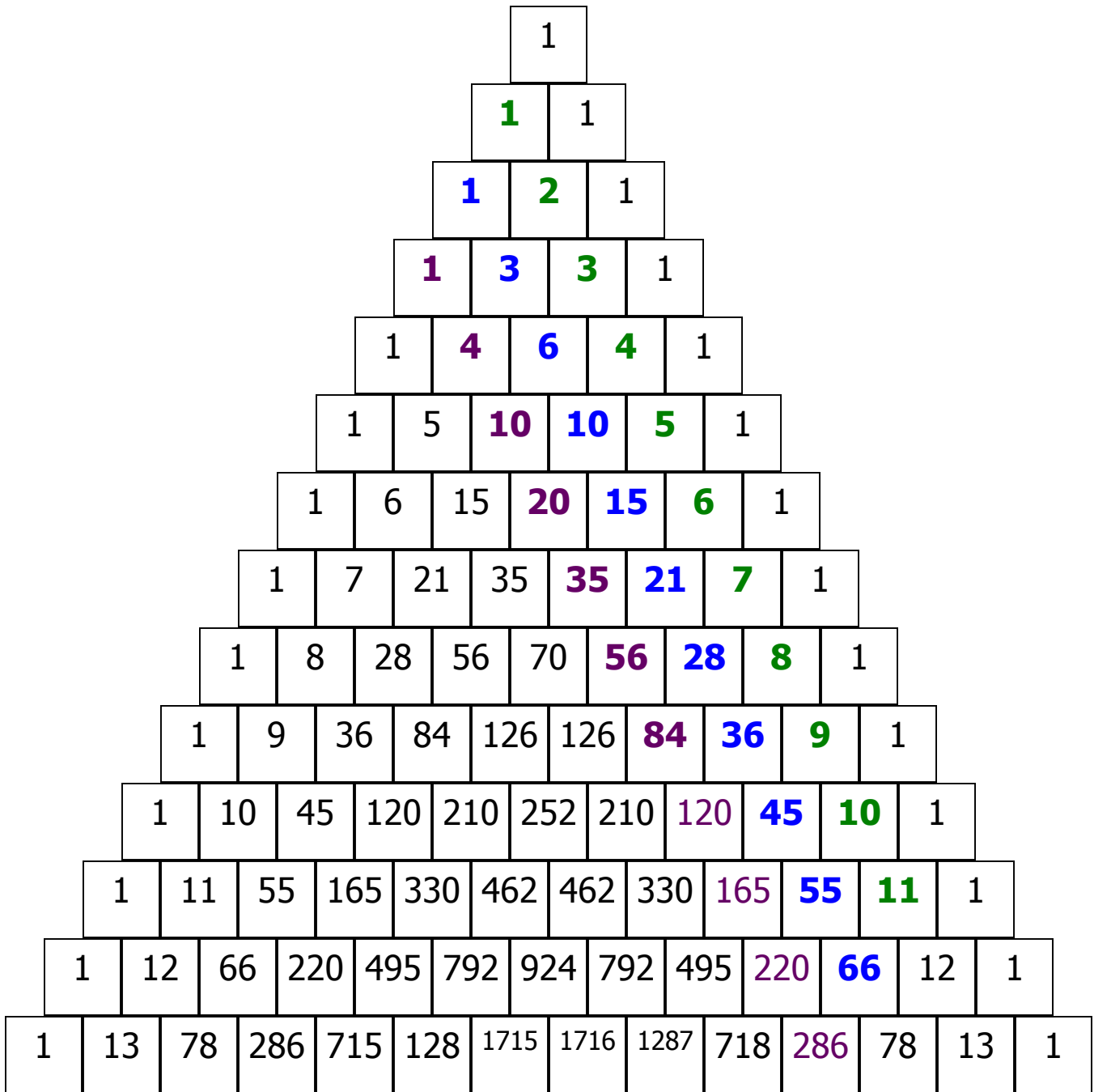


Pascal's Triangle Fitness Challenge



Key:

Green numbers represent the day of the challenge

Blue numbers represent the number of exercises to be done on that day

Purple numbers represent the total number of exercises

Note: Read triangle diagonally from the top right down to the bottom left.