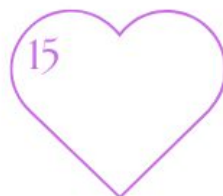


30 DAY CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Notes

30 DAY CHALLENGE



Notes



30 DAY CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Notes

30 DAY CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Notes

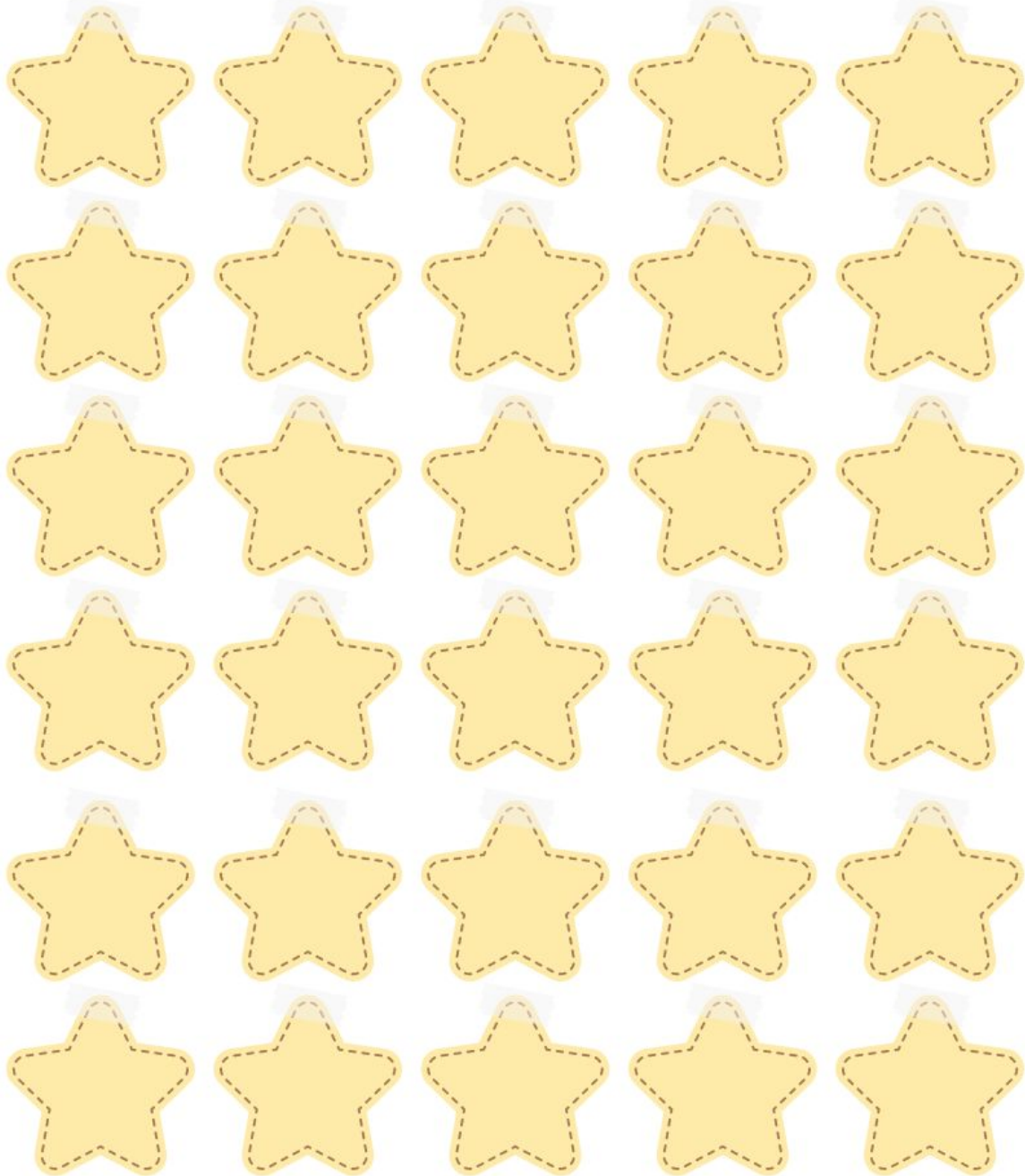
30 DAY

Challenge

30 DAY Challenge



30 DAY Challenge



30 DAY CHALLENGE

GOAL

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30 Day Challenge

Day 1		Day 16	
Day 2		Day 17	
Day 3		Day 18	
Day 4		Day 19	
Day 5		Day 20	
Day 6		Day 21	
Day 7		Day 22	
Day 8		Day 23	
Day 9		Day 24	
Day 10		Day 25	
Day 11		Day 26	
Day 12		Day 27	
Day 13		Day 28	
Day 14		Day 29	
Day 15		Day 30	

Notes

30 DAY CHALLENGE

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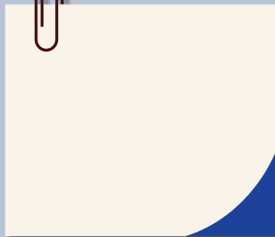
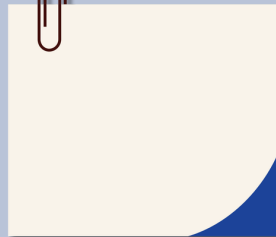
29

30

GOAL:

30 DAY CHALLENGE

GOAL

30 DAY CHALLENGE

Name:

Goal:

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30