

30-DAY CHALLENGE

START DATE: _____

END DATE: _____

DAY
1

DAY
2

DAY
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DAY
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DAY
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DAY
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DAY
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DAY
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DAY
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DAY
29

DAY
30

CHALLENGE DESCRIPTION

ACTION STEPS

1. _____
2. _____
3. _____
4. _____
5. _____

WHY AM I DOING IT?

REWARD