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| **30-Day Challenge** |
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| THE CHALLENGE |
|  |
| Start Date: |  |  | End Date: |  |
|  |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|  |  |  |  |  |
| Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
|  |  |  |  |  |
| Day 11 | Day 12 | Day 13 | Day 14 | Day 15 |
|  |  |  |  |  |
| Day 16 | Day 17 | Day 18 | Day 19 | Day 20 |
|  |  |  |  |  |
| Day 21 | Day 22 | Day 23 | Day 24 | Day 25 |
|  |  |  |  |  |
| Day 26 | Day 27 | Day 28 | Day 29 | Day 30 |
|  |  |  |  |  |
| [**source: www.neworchards.com**](https://www.neworchards.com) |