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| **30-Day Challenge** |
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| THE CHALLENGE |
|  |
| Start Date: |  |  | End Date:  |  |
|  |
| **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** |  |  |  |  |  |  |  |  |  |  |  |
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| Notes:  |  |
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| [source: www.neworchards.com](https://www.neworchards.com) |