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| **30-Day Challenge** | | | | | | | | | | | | | | |
| THE CHALLENGE: | | | | | | | | | | | | | | |
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| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
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| My Takeaway: |  |  |
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| [source: www.neworchards.com](https://www.neworchards.com) | | |