|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **30-Day Challenge** | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| THE CHALLENGE | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |  | |  | |  | |  | |  | |  | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | |  | |  | |  | |  | |  | |  | |

|  |  |
| --- | --- |
| Notes: |  |
|  | |
|  | |
|  | |
| [source: www.neworchards.com](https://www.neworchards.com) | |