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| **30-Day Challenge** | | | | | | | | | | | | | | |
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| The Challenge | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | |
| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
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| Notes: |  |
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| [source: www.neworchards.com](https://www.neworchards.com) | |