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| **7-Day Challenge** | | | | | | | |
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| THE CHALLENGE | | | | | | | |
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| **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
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| **Notes** |  |
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| [source: www.neworchards.com](https://www.neworchards.com) | |