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