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