50 DAY
Challenge

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

50 DAY
Challenge

TODAY I....
DAY ....

- ☐ WOKE UP BEFORE 8 A.M
- ☐ DID MY MORNING ROUTINE
- ☐ EXERCISED FOR 1 HOUR
- ☐ LEARNED A NEW SKILL FOR 1 HOUR
- ☐ READ 10 PAGES
- ☐ FOLLOWED A HEALTHY DIET
- ☐ TRACKED MY PROGRESS

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