

Monthly Challenge

FOR THE MONTH OF
AUGUST

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OUNCES A DAY)

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FOCUS ON THE
GOOD (JOURNAL
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FREE YOUR
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AUGUST 14 - AUGUST 20

<input type="checkbox"/>						
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AUGUST 21 - AUGUST 27

<input type="checkbox"/>						
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AUGUST 28 - AUGUST 31

<input type="checkbox"/>						
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Monthly Refresh

FOR THE MONTH OF

DRINK YOUR
WATER (64+
OUNCES A DAY)

S M T W TH F S

GET MOVING
(AT LEAST 30
MINUTES OF
ACTIVITY EACH
DAY)

S M T W TH F S

READERS GONNA
READ
(10+ PAGES A
DAY)

S M T W TH F S

FOCUS ON THE
GOOD (JOURNAL
DAILY)

S M T W TH F S

CHECK IT OFF
(DO SOMETHING
ON YOUR TO-DO
LIST 3X A
WEEK)

S M T W TH F S

Monthly Refresh

FOR THE MONTH OF
AUGUST

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S

Monthly Refresh

FOR THE MONTH OF
AUGUST

GOAL:

AUGUST 1 - AUGUST 6

S M T W TH F S

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

GOAL:

AUGUST 1 - AUGUST 6

S M T W TH F S

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

GOAL:

AUGUST 1 - AUGUST 6

S M T W TH F S

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

GOAL:

AUGUST 1 - AUGUST 6

S M T W TH F S

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

GOAL:

AUGUST 1 - AUGUST 6

S M T W TH F S

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

Monthly Refresh

FOR THE MONTH OF

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S

GOAL:

S M T W TH F S