

Monthly Challenge

FOR THE MONTH OF
AUGUST

GOAL:

Five horizontal white bars for writing a goal.

S M T W TH F S

A 5x7 grid of empty boxes for tracking progress.

GOAL:

Five horizontal white bars for writing a goal.

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AUGUST 1 - AUGUST 6

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AUGUST 28 - AUGUST 31

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FOR THE MONTH OF
AUGUST

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

FREE YOUR
MIND
(MEDITATE OR
DO A DIGITAL
DETOX DAILY)

S M T W TH F S

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(DO SOMETHING
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LIST 3X A
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AUGUST 7 - AUGUST 13

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AUGUST 14 - AUGUST 20

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AUGUST 21 - AUGUST 27

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AUGUST 28 - AUGUST 31

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AUGUST 1 - AUGUST 6

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AUGUST 28 - AUGUST 31

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:

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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

S M T W TH F S

GOAL:

AUGUST 1 - AUGUST 6

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

S M T W TH F S

GOAL:

AUGUST 1 - AUGUST 6

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

S M T W TH F S

GOAL:

AUGUST 1 - AUGUST 6

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

S M T W TH F S

GOAL:

AUGUST 1 - AUGUST 6

AUGUST 7 - AUGUST 13

AUGUST 14 - AUGUST 20

AUGUST 21 - AUGUST 27

AUGUST 28 - AUGUST 31

Monthly Refresh

FOR THE MONTH OF

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