



CHALLENGE: STRETCH FOR 5+ MINUTES EACH DAY

							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
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JULY RECAP:

WHAT ARE YOU MOST PROUD OF?

STAY COMMITTED TO YOUR DECISIONS, BUT STAY FLEXIBLE IN YOUR APPROACH. -TONY ROBBINS