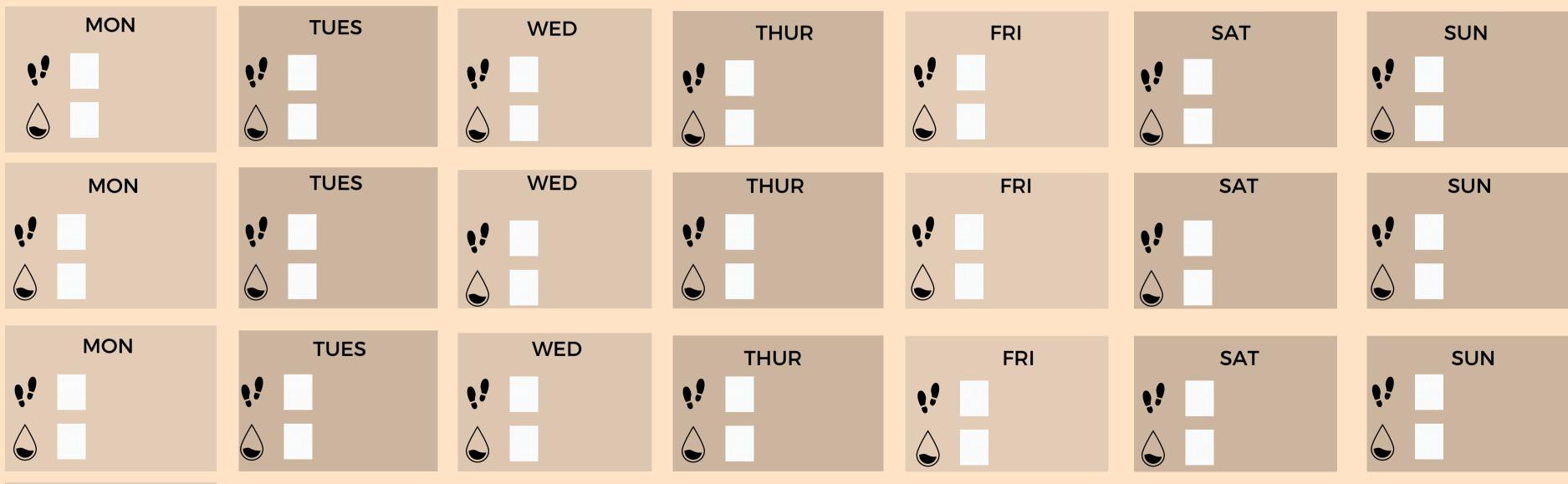


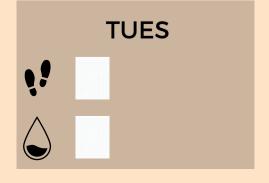
JAN 23 CHALLENGE

23 DAY COMMITMENT TO KICKSTART 2023



MON

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START DATE: 9TH JAN END DATE: 31ST JAN USE THIS TICK SHEET TO MARK OFF

10K STEPS

2-3L WATER

+ WRITE IN YOUR ACTIVITY OF CHOICE