







JAN 23 CHALLENGE

23 DAY COMMITMENT TO KICKSTART 2023



MON

	<input type="checkbox"/>
	<input type="checkbox"/>



TUES

	<input type="checkbox"/>
	<input type="checkbox"/>



WED

	<input type="checkbox"/>
	<input type="checkbox"/>



THUR

	<input type="checkbox"/>
	<input type="checkbox"/>



FRI

	<input type="checkbox"/>
	<input type="checkbox"/>



SAT

	<input type="checkbox"/>
	<input type="checkbox"/>



SUN

	<input type="checkbox"/>
	<input type="checkbox"/>



MON

	<input type="checkbox"/>
	<input type="checkbox"/>



TUES

	<input type="checkbox"/>
	<input type="checkbox"/>



WED

	<input type="checkbox"/>
	<input type="checkbox"/>



THUR

	<input type="checkbox"/>
	<input type="checkbox"/>



FRI

	<input type="checkbox"/>
	<input type="checkbox"/>



SAT

	<input type="checkbox"/>
	<input type="checkbox"/>



SUN

	<input type="checkbox"/>
	<input type="checkbox"/>



MON

	<input type="checkbox"/>
	<input type="checkbox"/>



TUES

	<input type="checkbox"/>
	<input type="checkbox"/>



WED

	<input type="checkbox"/>
	<input type="checkbox"/>



THUR

	<input type="checkbox"/>
	<input type="checkbox"/>



FRI

	<input type="checkbox"/>
	<input type="checkbox"/>



SAT

	<input type="checkbox"/>
	<input type="checkbox"/>



SUN

	<input type="checkbox"/>
	<input type="checkbox"/>

MON

	<input type="checkbox"/>
	<input type="checkbox"/>

TUES

	<input type="checkbox"/>
	<input type="checkbox"/>

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