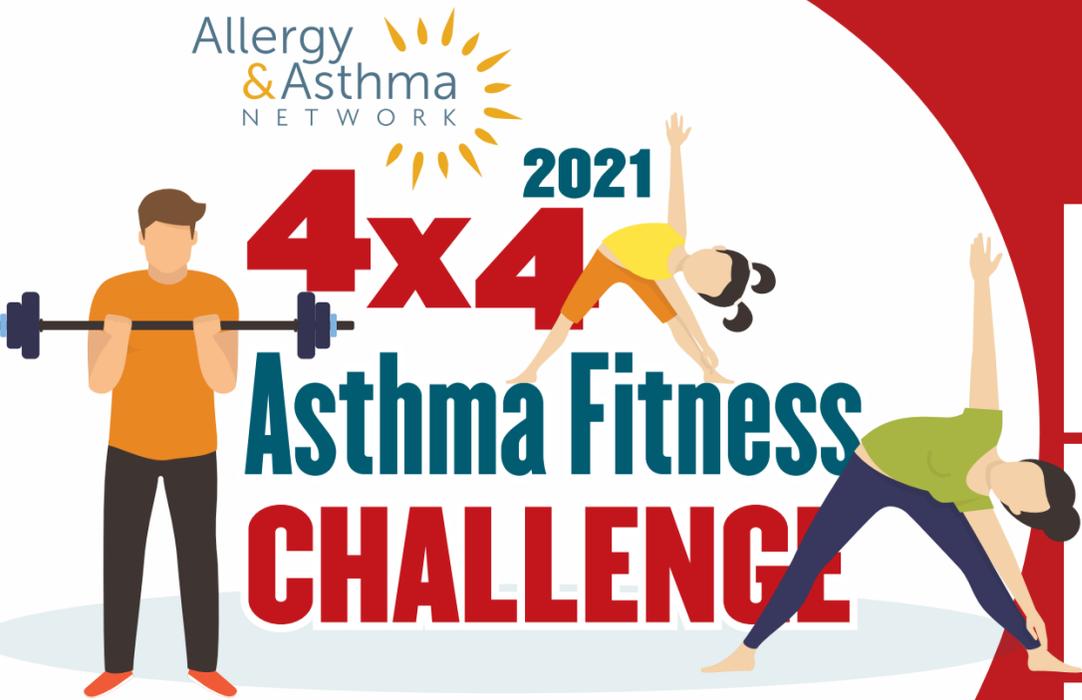


July 2021



SUN	MON	TUE	WED	THU	FRI	SAT
COMPLETE THE CHALLENGE 4 TIMES PER WEEK, ADDING IN A WALK/RUN 2X PER WEEK, AND ONE REST DAY. YOU'VE GOT THIS!				1 CHALLENGE! <input type="checkbox"/>	2 CHALLENGE! <input type="checkbox"/>	3 WALK/RUN <input type="checkbox"/>
4th JULY INDEPENDENCE DAY	5 CHALLENGE! <input type="checkbox"/>	6 WALK/RUN <input type="checkbox"/>	7 CHALLENGE! <input type="checkbox"/>	8 CHALLENGE! <input type="checkbox"/>	9 CHALLENGE! <input type="checkbox"/>	10 WALK/RUN <input type="checkbox"/>
11 REST DAY <input type="checkbox"/>	12 CHALLENGE! <input type="checkbox"/>	13 WALK/RUN <input type="checkbox"/>	14 CHALLENGE! <input type="checkbox"/>	15 CHALLENGE! <input type="checkbox"/>	16 CHALLENGE! <input type="checkbox"/>	17 WALK/RUN <input type="checkbox"/>
18 REST DAY <input type="checkbox"/>	19 CHALLENGE! <input type="checkbox"/>	20 WALK/RUN <input type="checkbox"/>	21 CHALLENGE! <input type="checkbox"/>	22 CHALLENGE! <input type="checkbox"/>	23 CHALLENGE! <input type="checkbox"/>	24 WALK/RUN <input type="checkbox"/>
25 REST DAY <input type="checkbox"/>	26 CHALLENGE! <input type="checkbox"/>	27 WALK/RUN <input type="checkbox"/>	28 CHALLENGE! <input type="checkbox"/>	29 CHALLENGE! <input type="checkbox"/>	30 CHALLENGE! <input type="checkbox"/>	31 WALK/RUN <input type="checkbox"/>