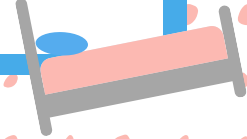




31 - Day Challenge: Tiny Morning Habits with Big Benefits

record your quantities & highlight completed actions
get all the details at:
CircleSquareOval.com



- | | | | |
|----------------------------|----------------------|-----------------------|----------|
| 1 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 2 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 3 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 4 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 5 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 6 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 7 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 8 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 9 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 10 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 11 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 12 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 13 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 14 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 15 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 16 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 17 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 18 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 19 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 20 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 21 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 22 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 23 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 24 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 25 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 26 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 27 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 28 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 29 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 30 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |
| 31 - Water - 4/8/12/16 oz. | Deep Breaths - 1/3/5 | Forward Folds - 1/3/5 | Make Bed |