



31 DAY Kilometer-A-Day Challenge

SUN

MON

TUE

WED

THU

FRI

SAT

**STAY CONSISTENT, CHEER ON
YOUR COWORKERS, AND
CELEBRATE THE FINISH LINE!**





31 DAY

7 Hours of Sleep Challenge

SUN

MON

TUE

WED

THU

FRI

SAT

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**STAY CONSISTENT, CHEER ON
YOUR COWORKERS, AND
CELEBRATE THE FINISH LINE!**





31 DAY

8 Glasses of Water Challenge

SUN

MON

TUE

WED

THU

FRI

SAT

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**STAY CONSISTENT, CHEER ON
YOUR COWORKERS, AND
CELEBRATE THE FINISH LINE!**

