

October 2020

FOCUS: Alcohol & Caffeine

CHALLENGE: How many days can you go alcohol or caffeine free?



MY GOAL FOR THIS MONTH: _____

How will I achieve this? _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|--|--------|----------|
| | | | | 1 SET A SMART GOAL FOR THE MONTH | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Share your wellness achievements with us!

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