



# Movement

WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1							
2							
3							
4							
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11							
12							
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Movement fuels both **body** and **mind**.



# Movement

WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
14							
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A healthy body starts with **daily** action.



# Movement

WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
27							
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You vs. Yesterday – Focus on being **1% better** each day.



# Movement

WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
40							
41							
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Do it for **YOU** – Because **you deserve** to feel your best.