



Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday
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## REFRESH



Add to our fitness goals with one weekend of clean eating.

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Wednesday	Thursday	Friday	Saturday
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Visit or Zoom a loved one you haven't seen in a while. Connect with your accountability buddy.

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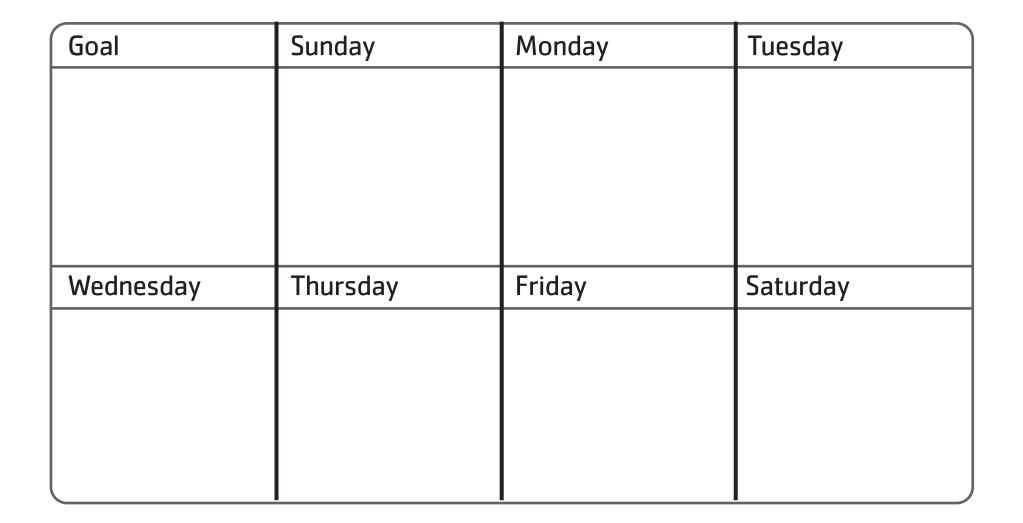
Find ways to fit fun into your week along with other goals.

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