

Week 1



"Your body likes habits might as well make them healthy."

<u>S</u>	<u>M</u>  <input type="checkbox"/> 3000 Steps	<u>T</u>  <input type="checkbox"/> 3000 Steps	<u>W</u>  <input type="checkbox"/> 3000 Steps	<u>T</u>  <input type="checkbox"/> 3000 Steps	<u>F</u>  <input type="checkbox"/> 3000 Steps	<u>S</u>
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