## **26-Week Challenge Worksheet**



Start date: Target end date:				Check when	
		J		completed	
	Date	Action	Notes	<b>✓</b>	
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
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Week 22					
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Week 25					
Week 26					



