

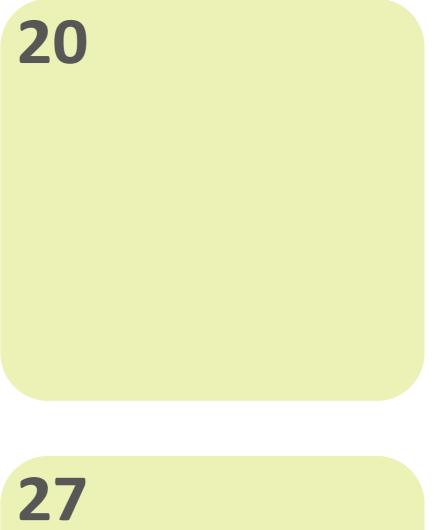
19

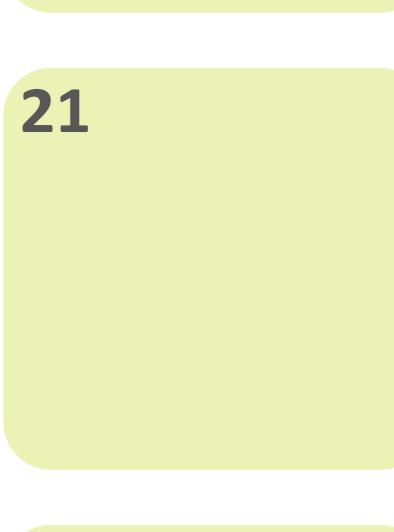
26

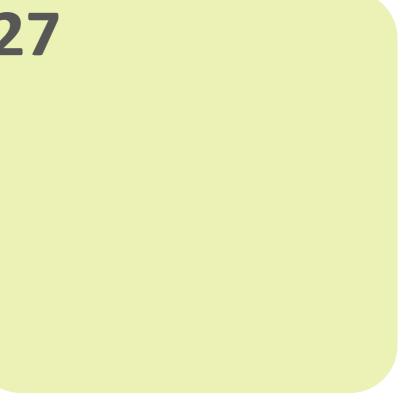




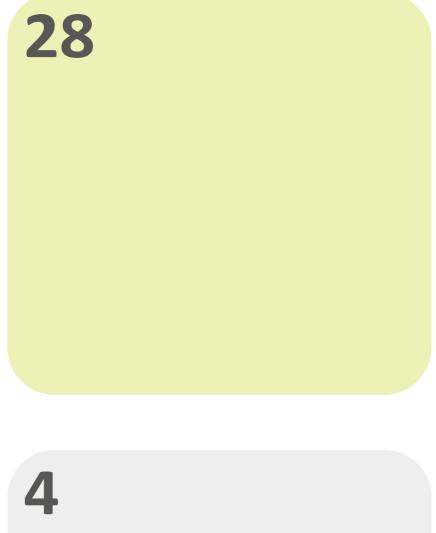
14		







3



- Use this calendar to track your progress throughout the month!
- Each day, take a moment to note down:
  - whether or not you have completed your 5 a day challenge
  - how hard or easy you found it
  - some notes about how you're feeling

• E.g

