
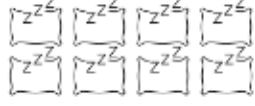


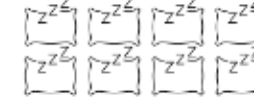
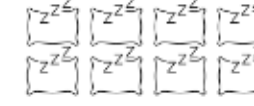
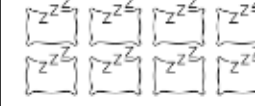
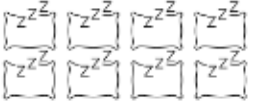
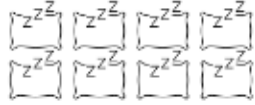

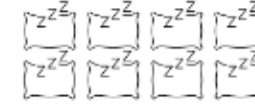

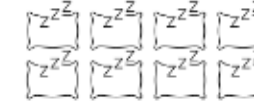

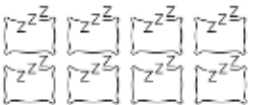
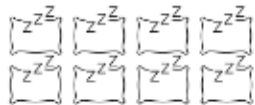





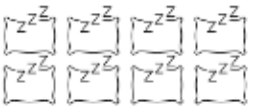
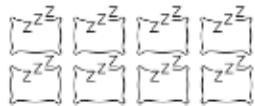


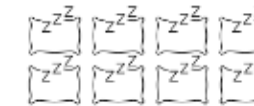


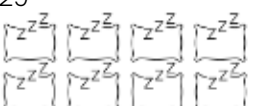


SEVEN FOR THIRTY

30 DAY SLEEP CHALLENGE



Commit to getting 7-8 hours of sleep each night for 30 days.
X off one pillow for each hour of sleep you get.

01 	02 	03 	04 	05 	06 	07 
08 	09 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 	26 	27 	28 
29 	30 