

My 45 DAY HARD

habit Journey

45 Day Cycle

	01	02	03	04	05	06	07	08	09
01	★								
02									
03									
04									
05									



Complete



Cheat

45 HARD

- 1. Diet (1 Cheat Day a Week)**
- 2. 45 Min Workout (or Active Hobby)**
- 3. 3 Liters of H2O w/ Lemon & Salt**
- 4. Quick Education to Action : Balance x3**
- 5. Take 1 Video : Talking, Hobby, or Workout**

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09 Sections

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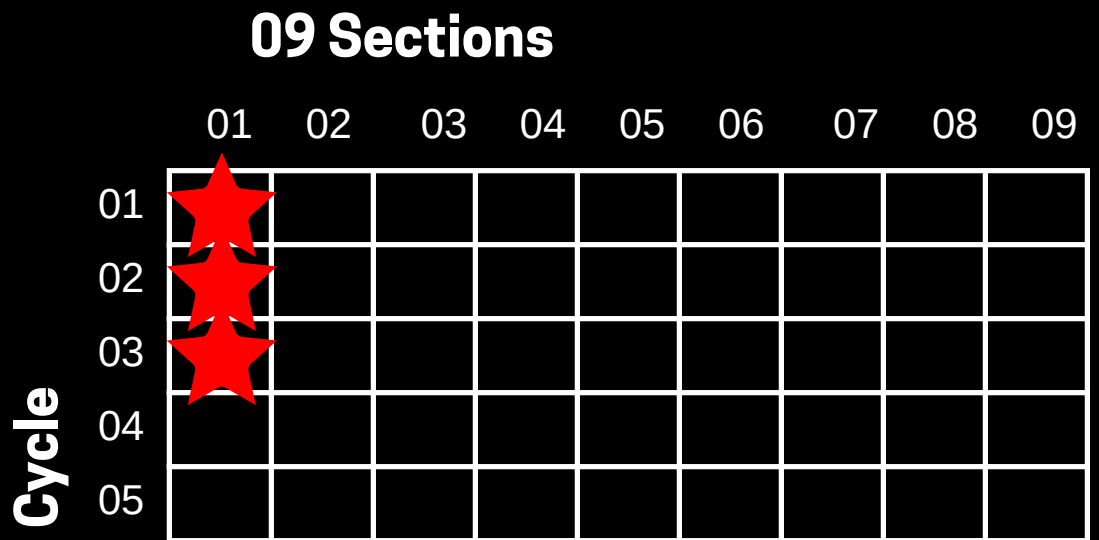
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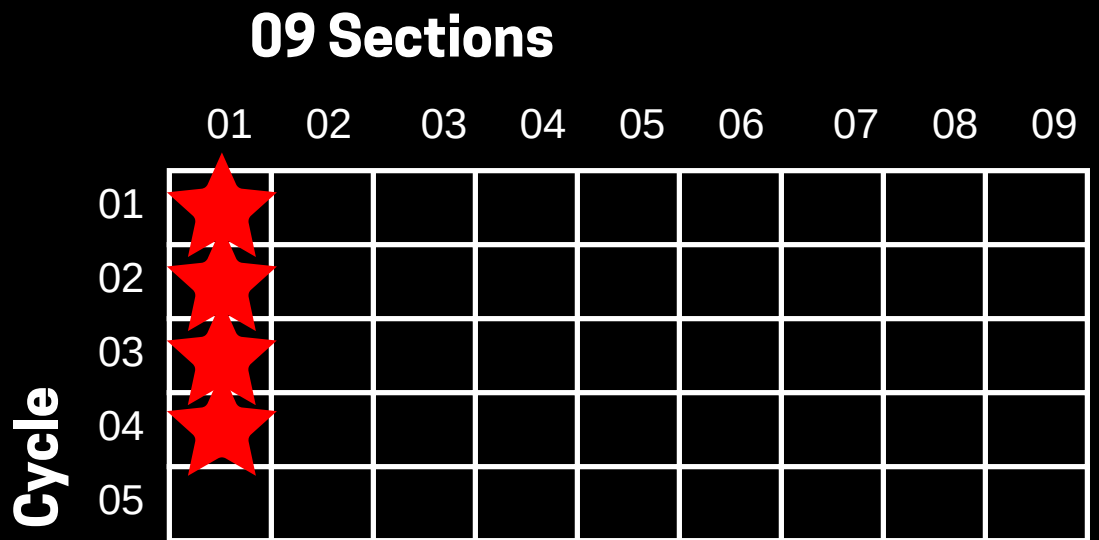
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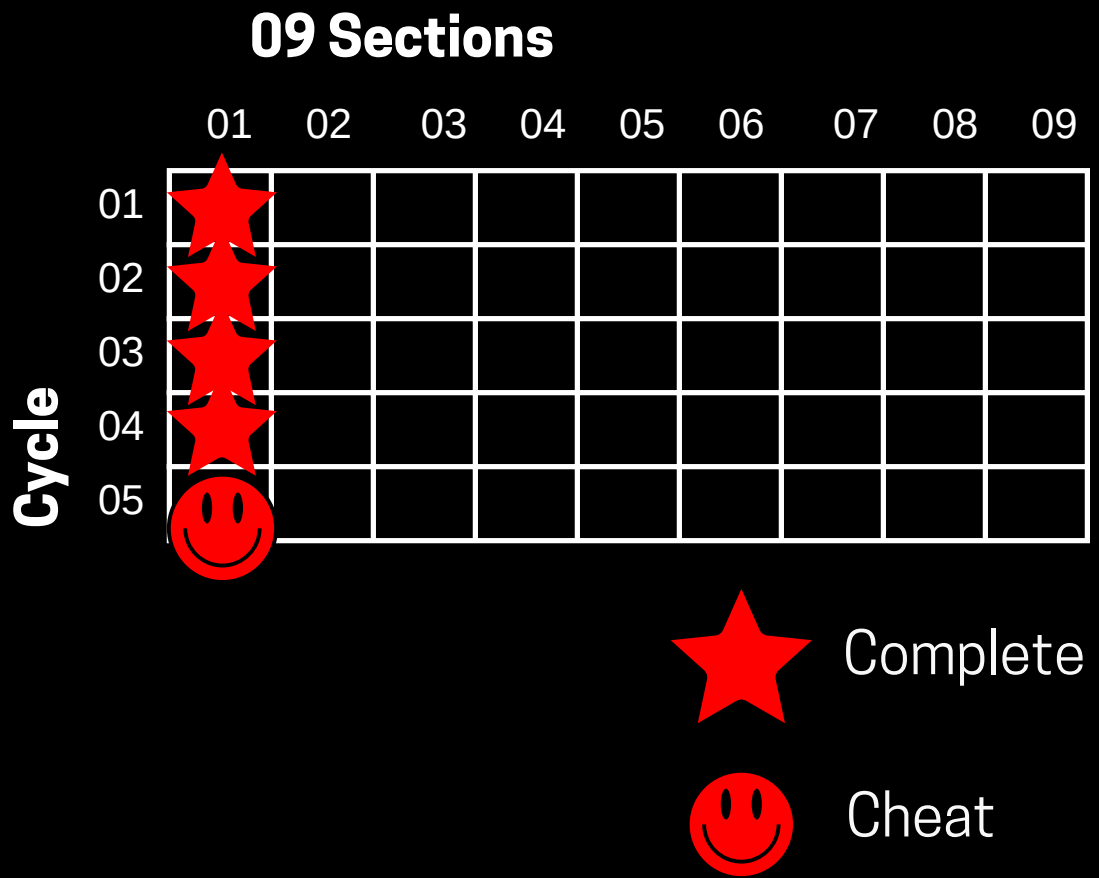
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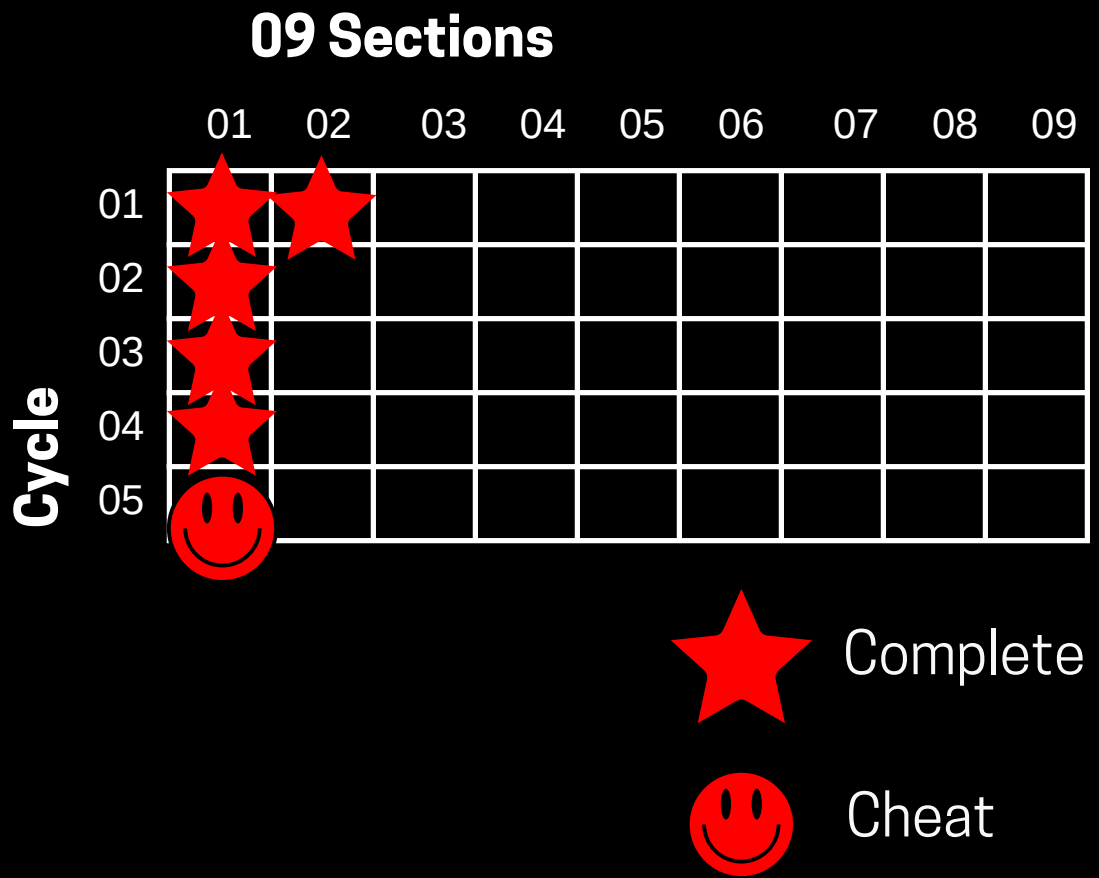


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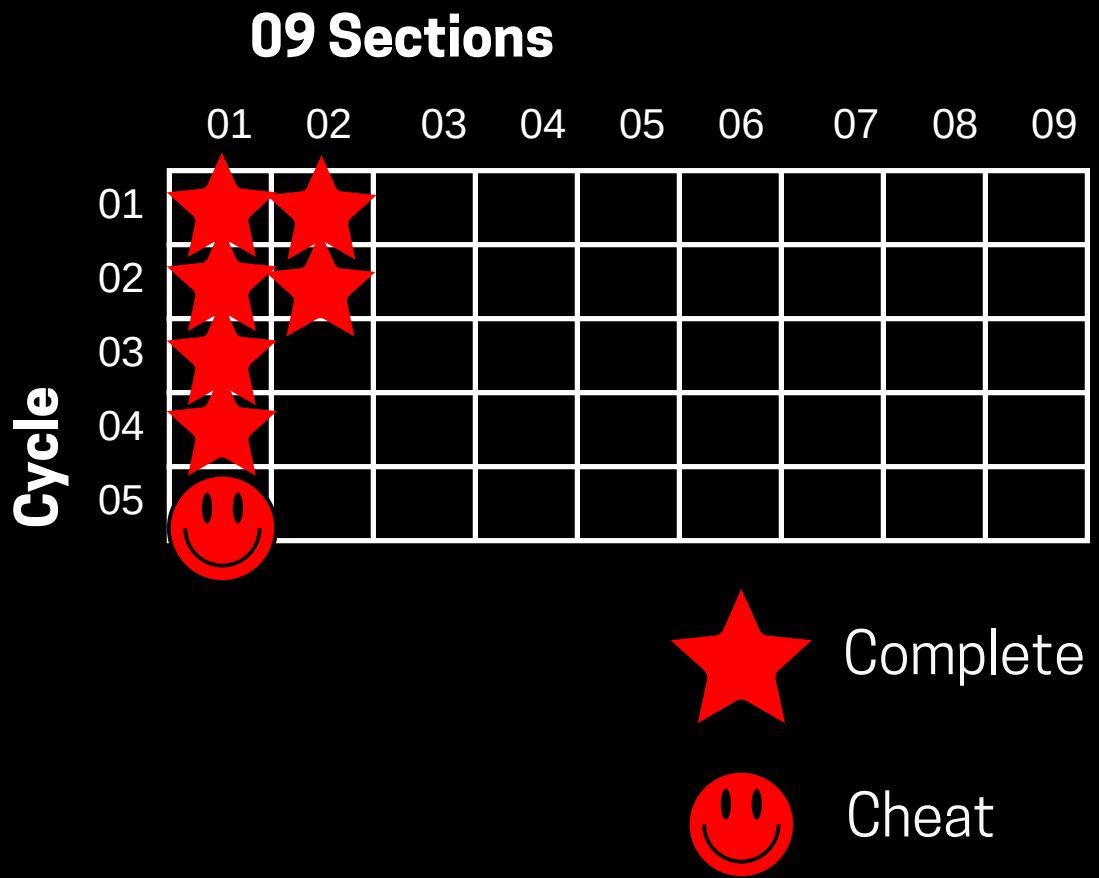


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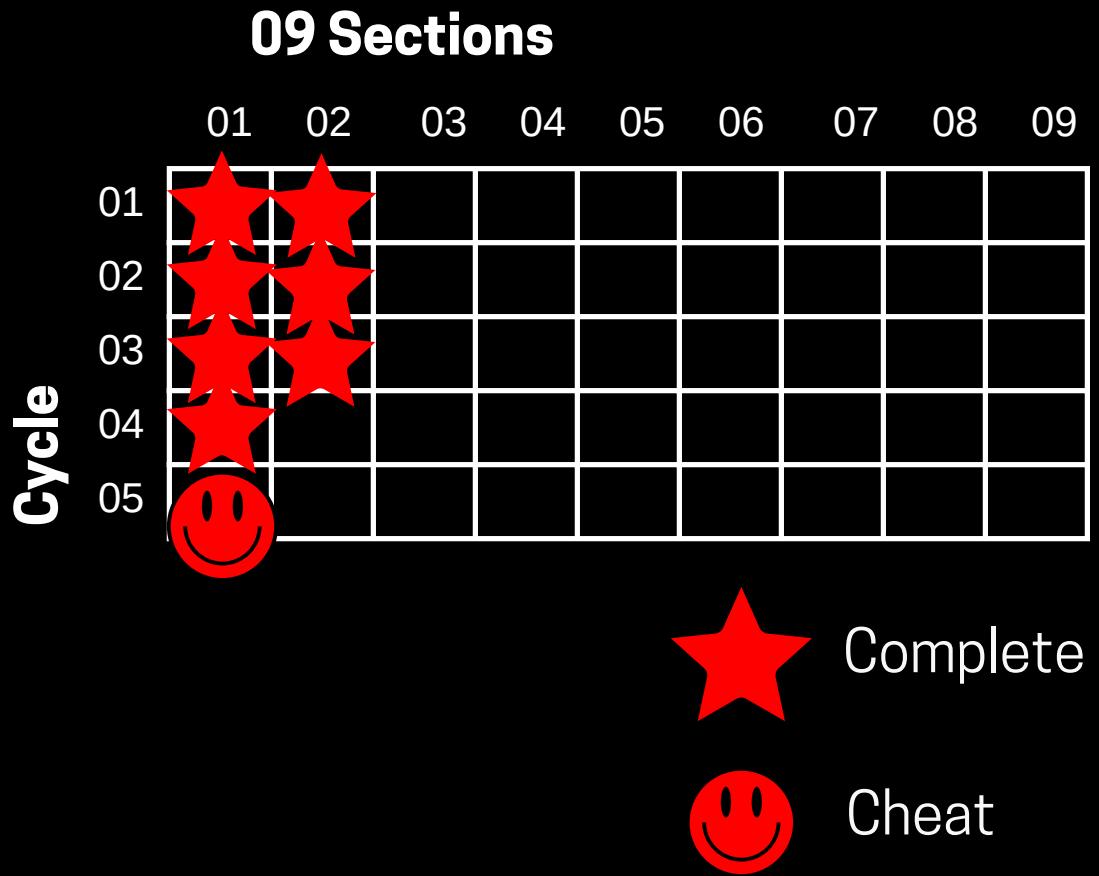


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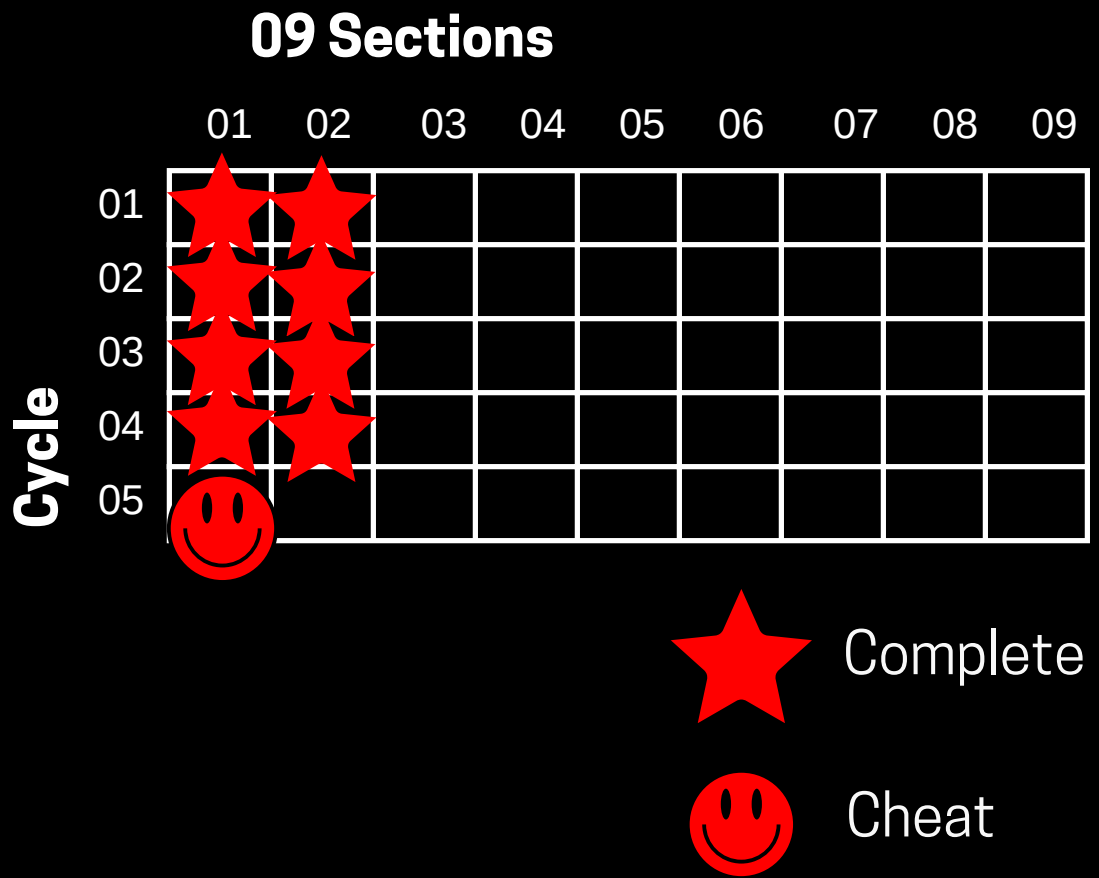


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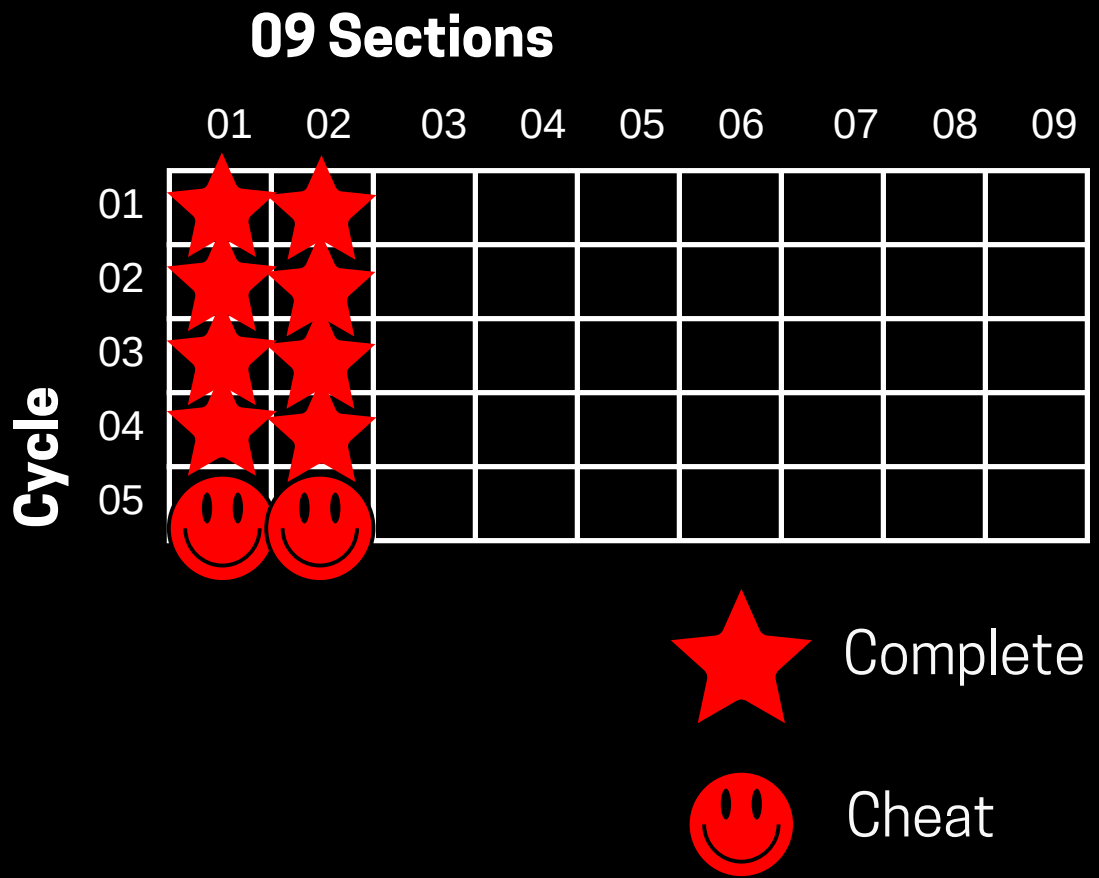


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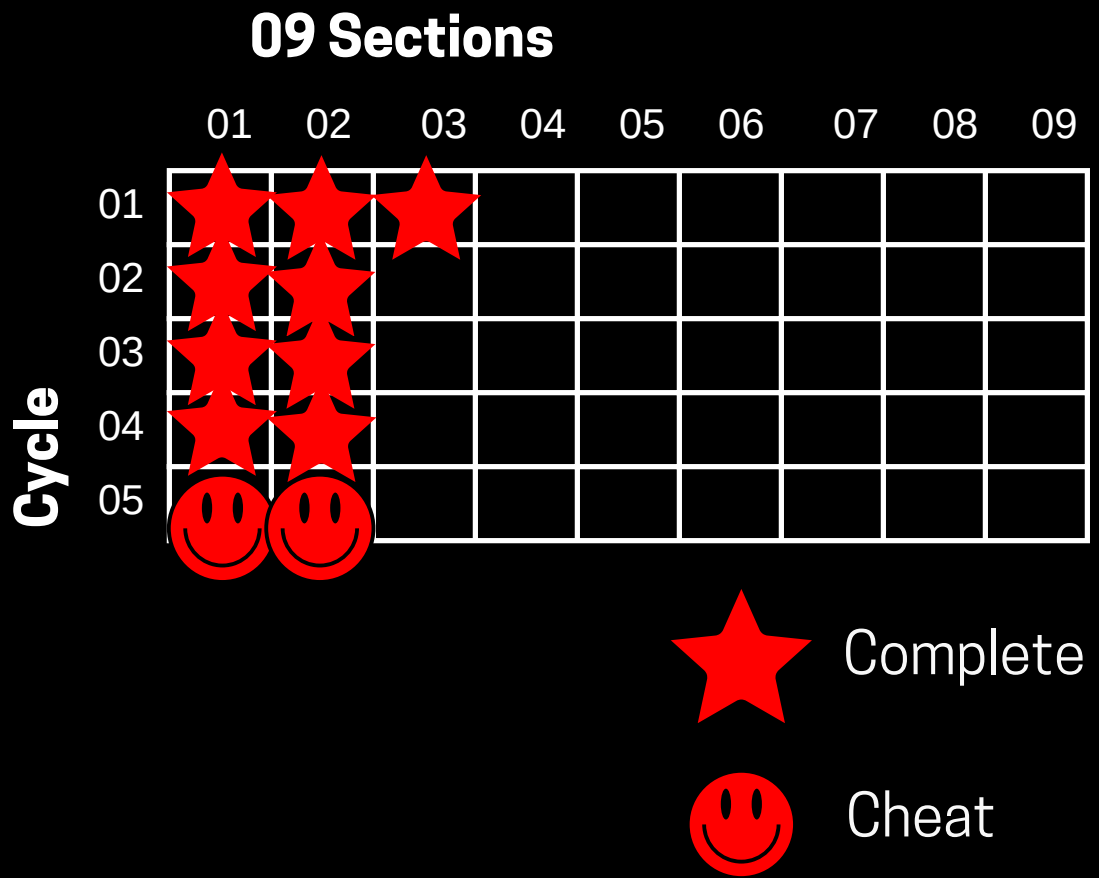


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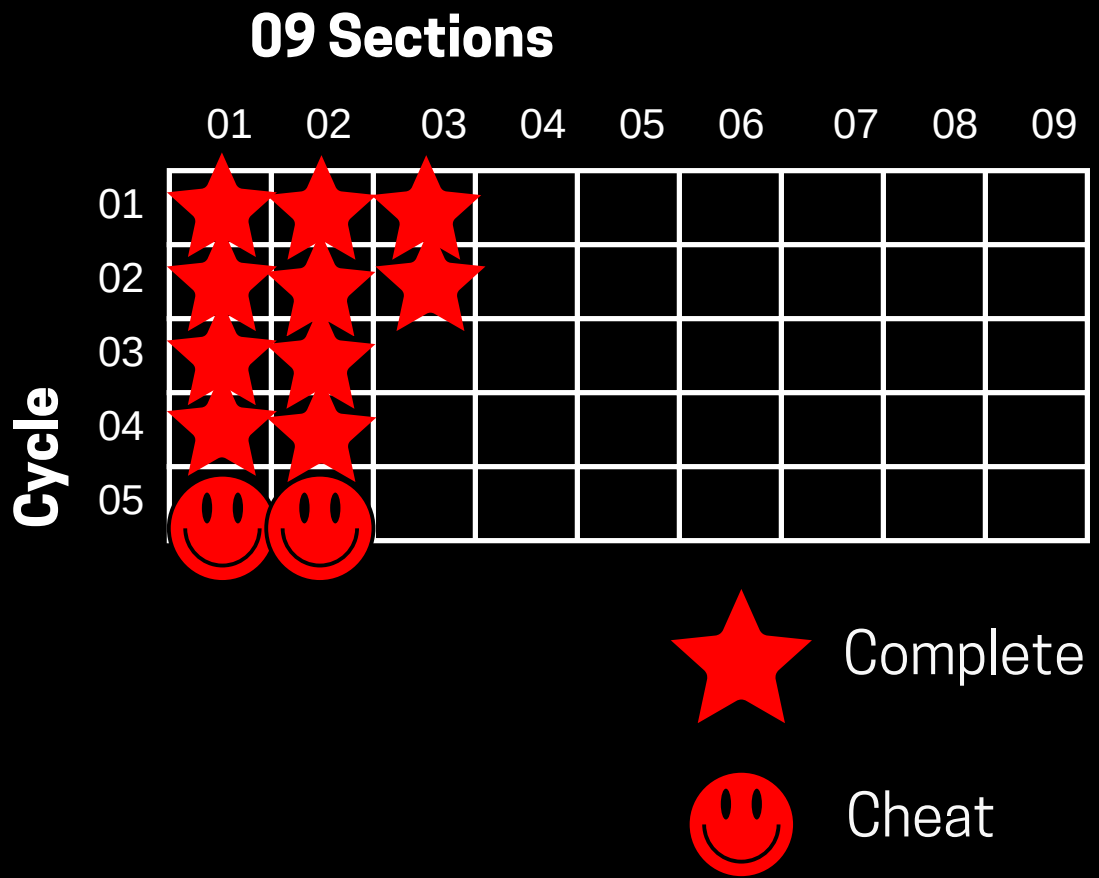


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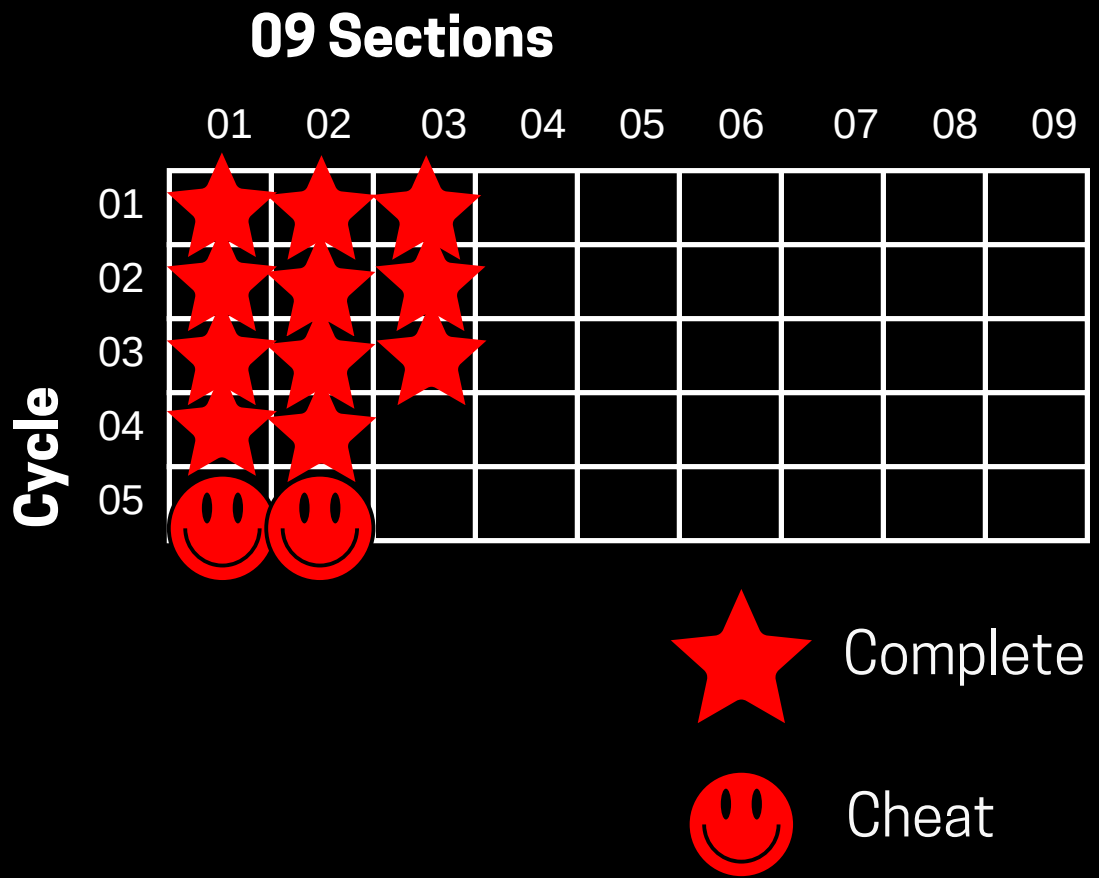


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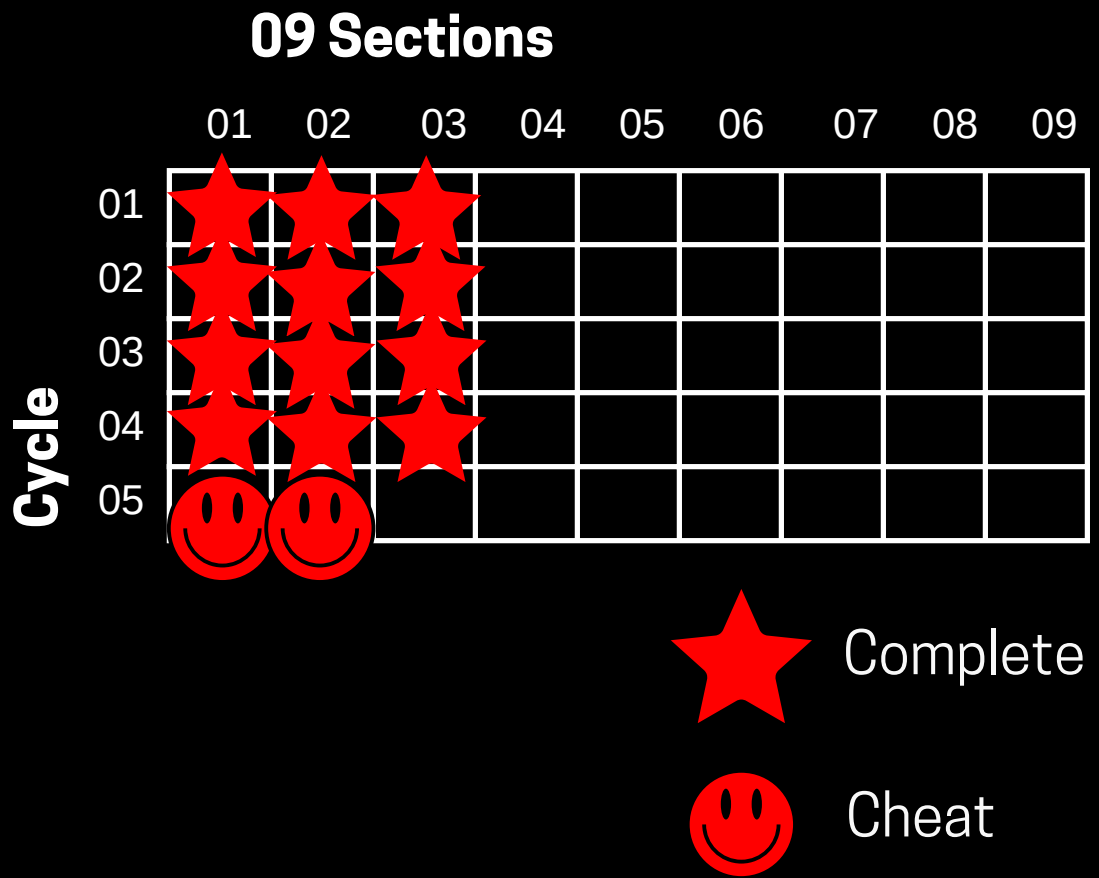


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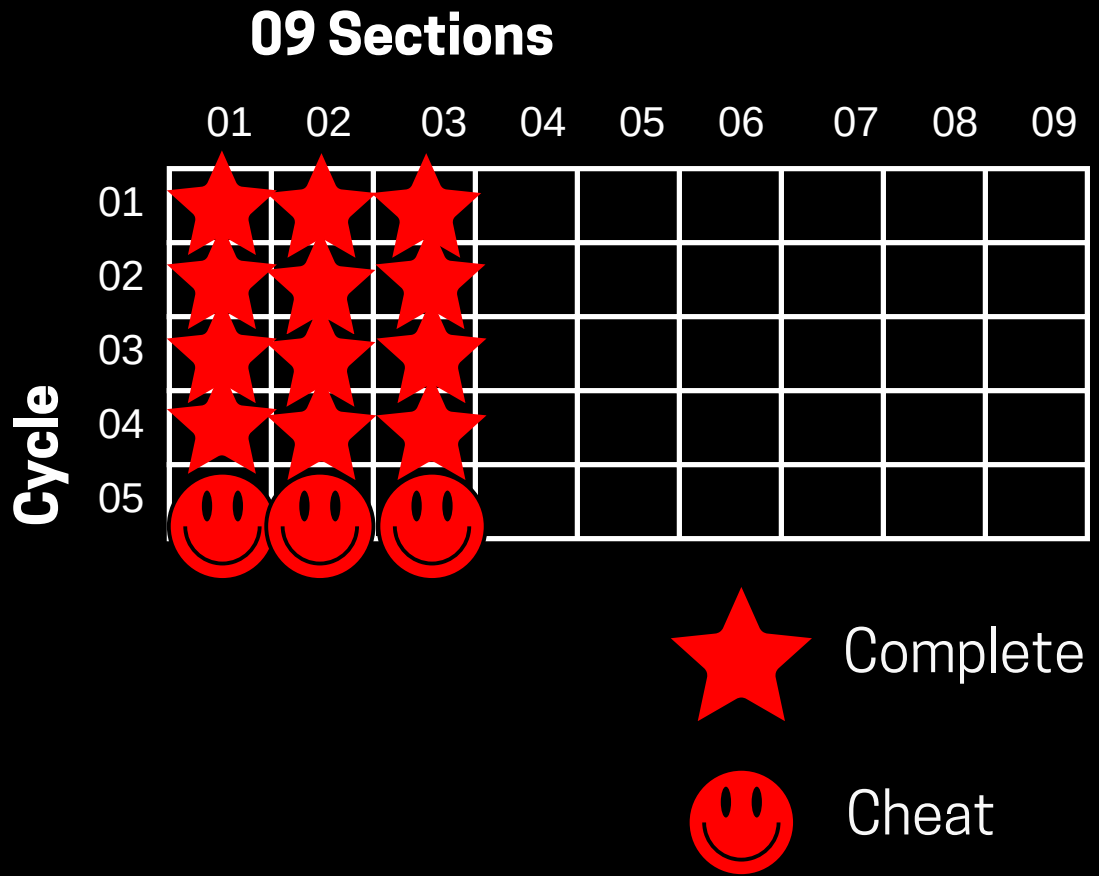


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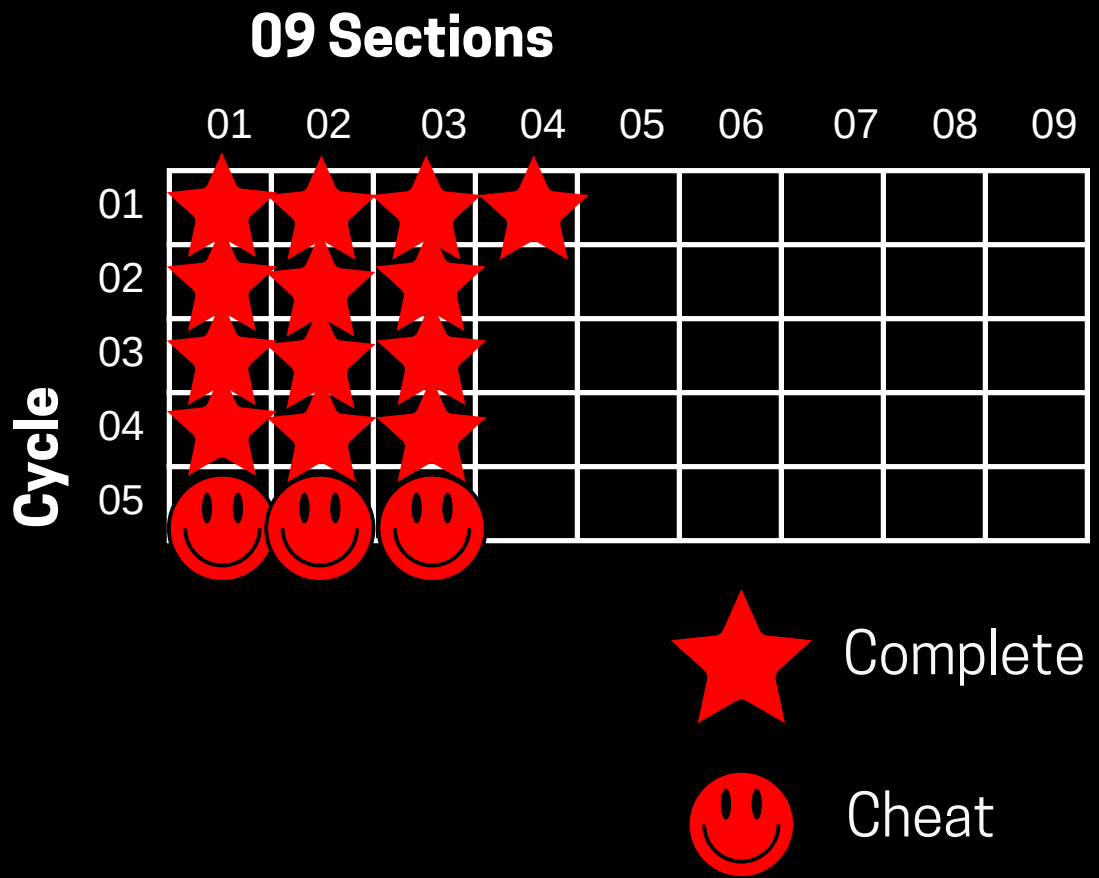


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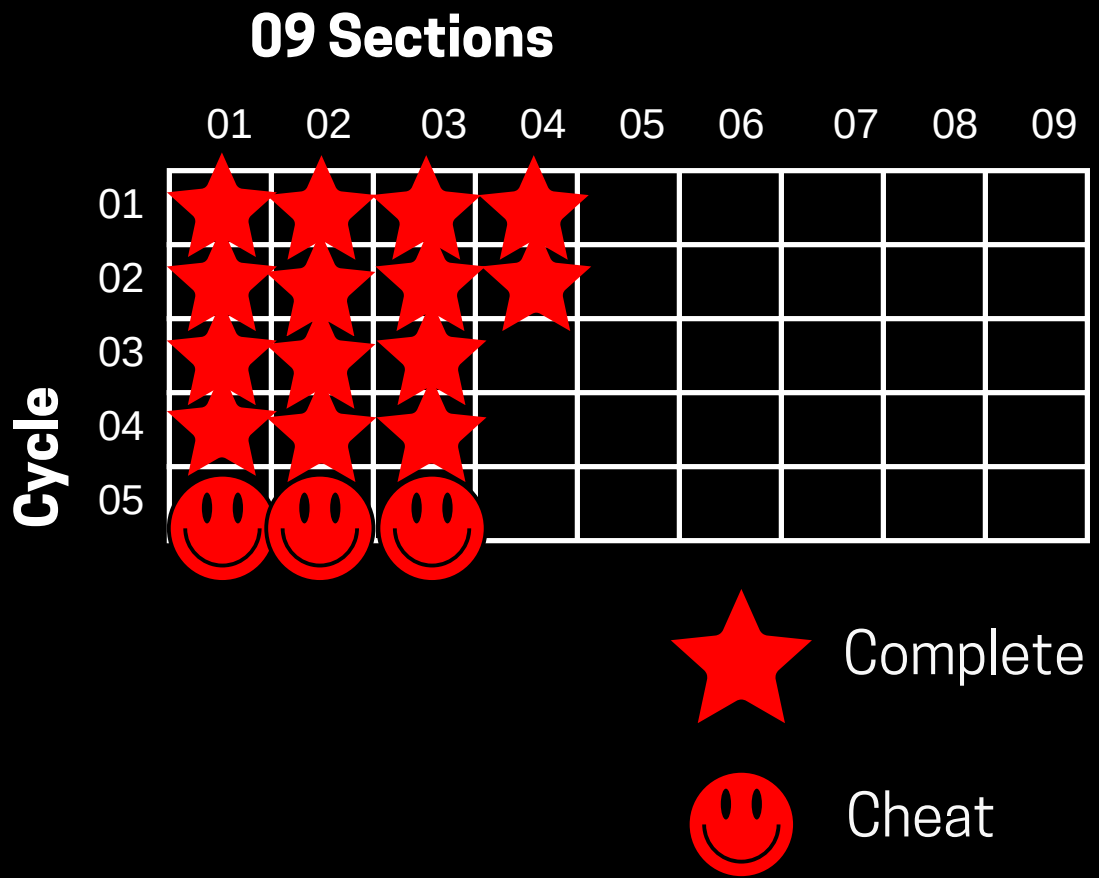


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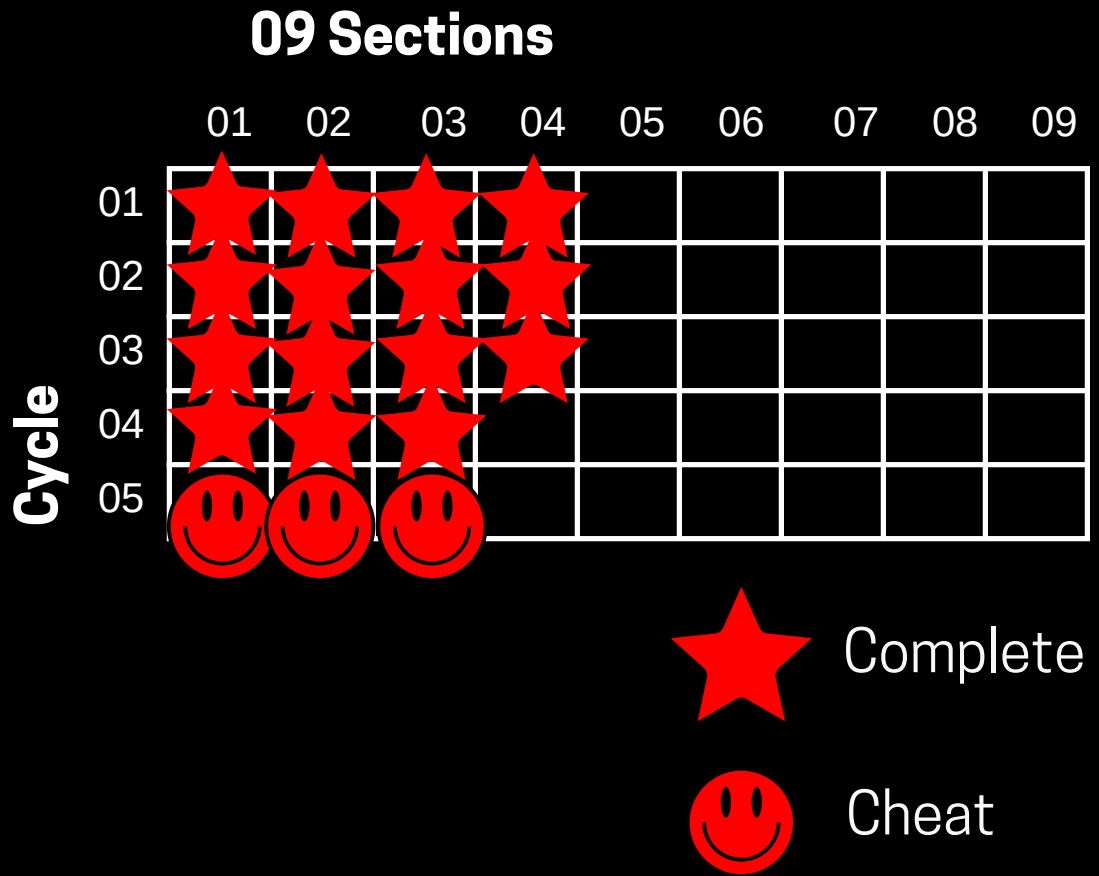


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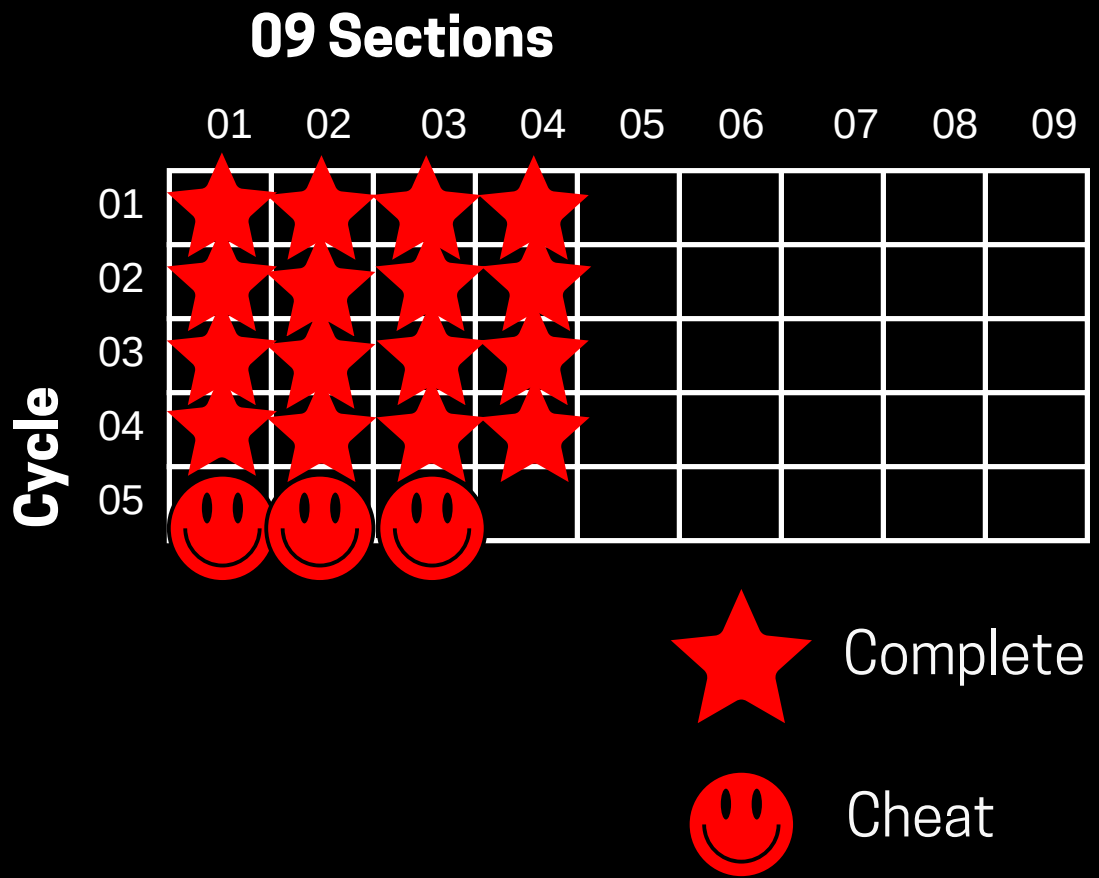


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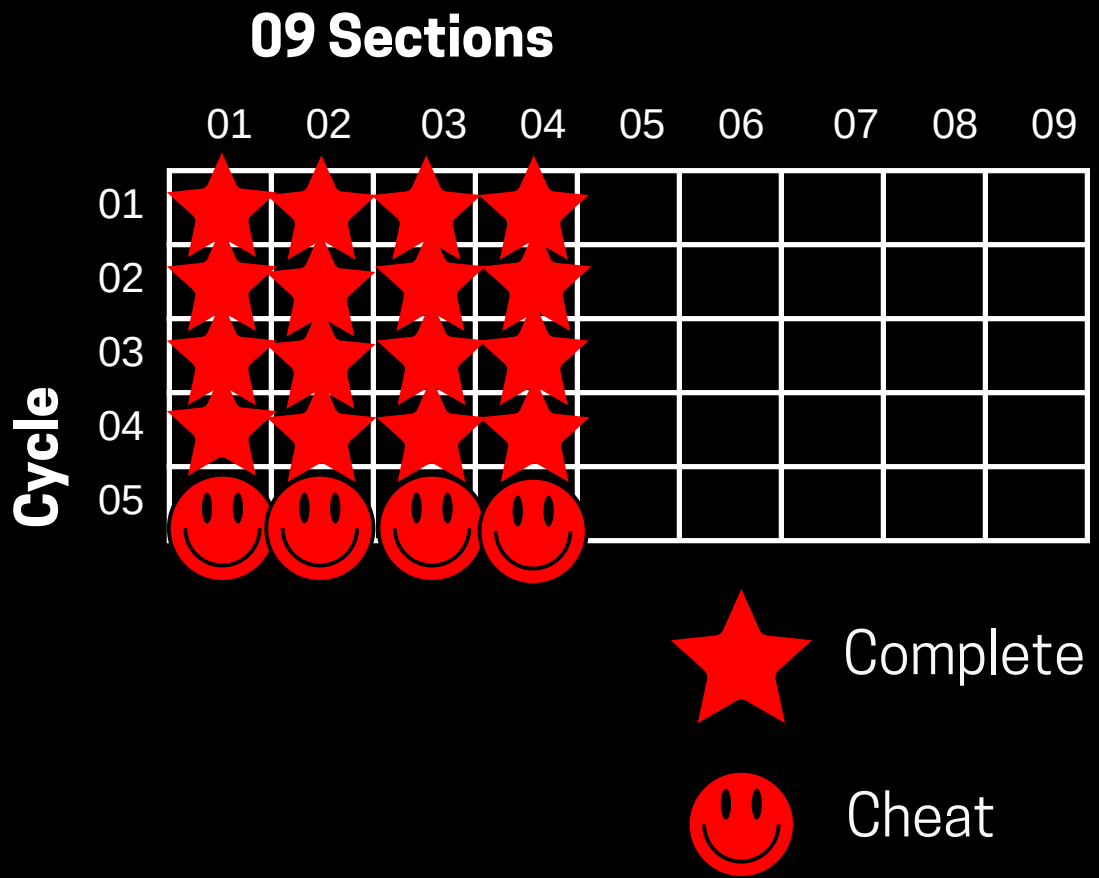


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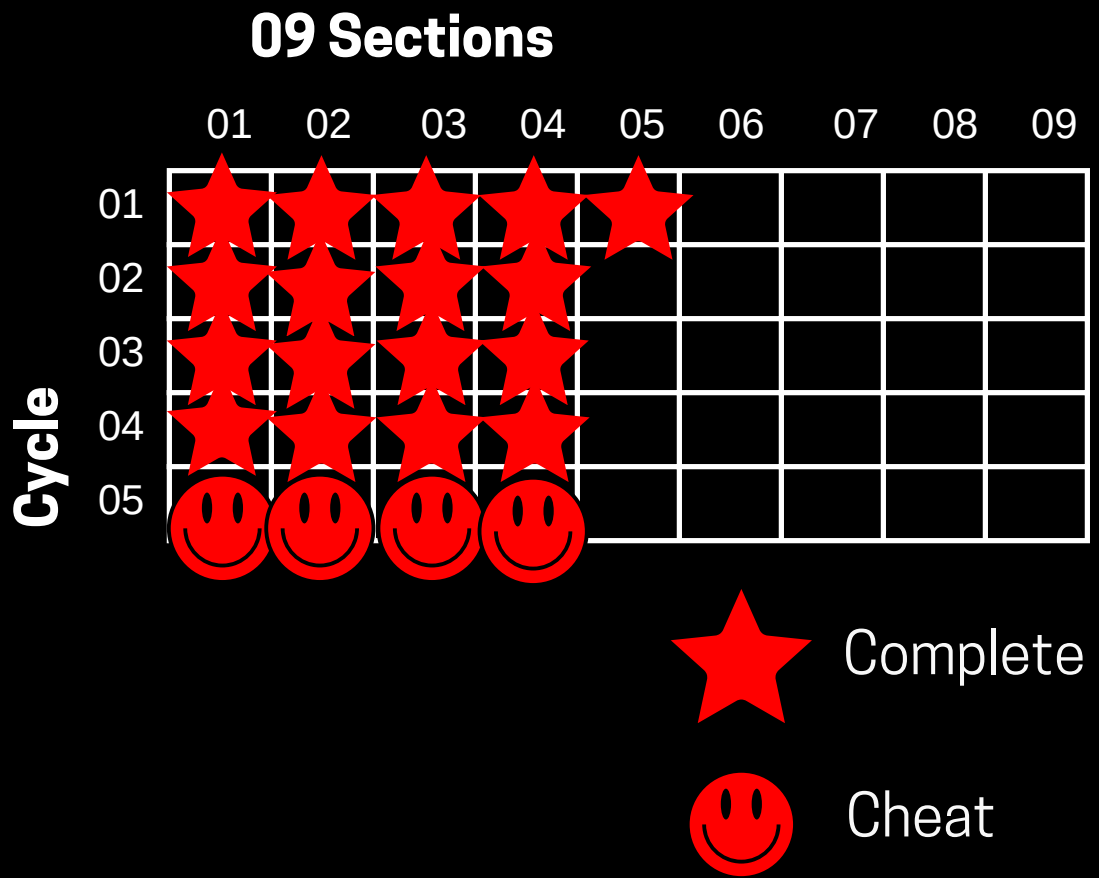


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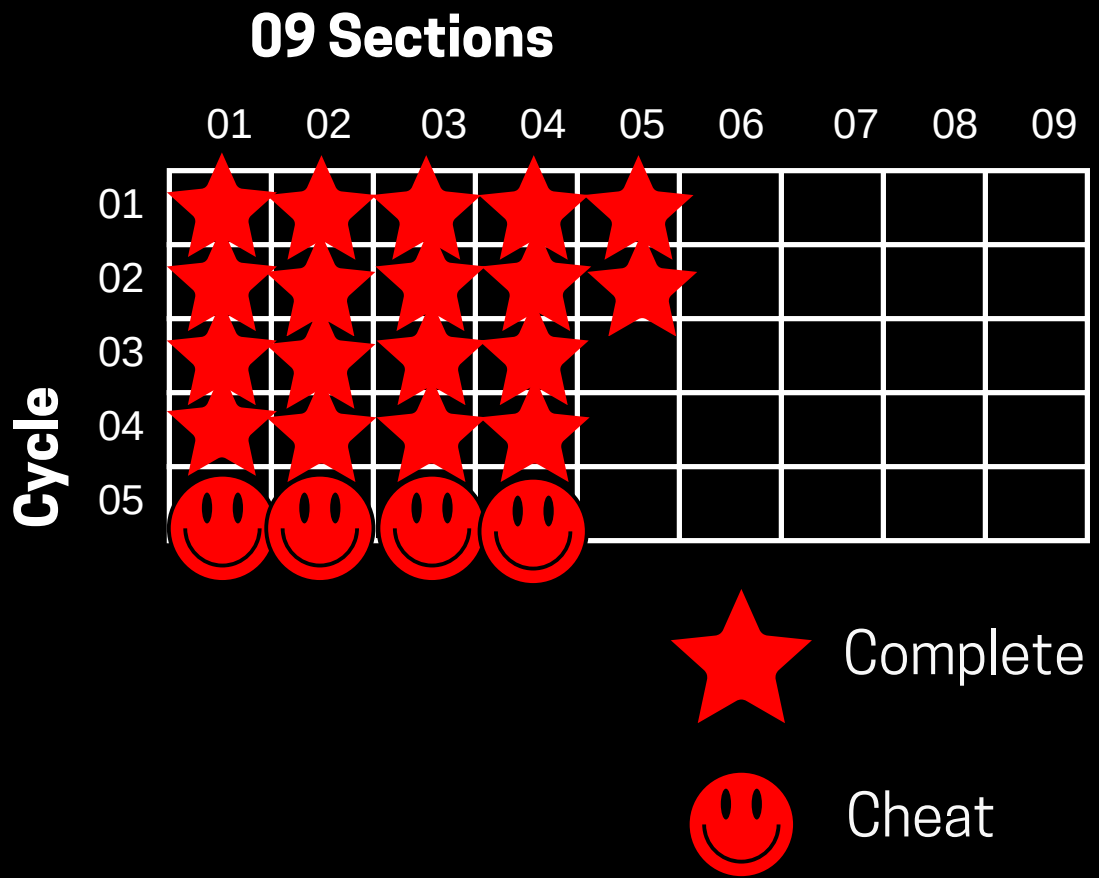


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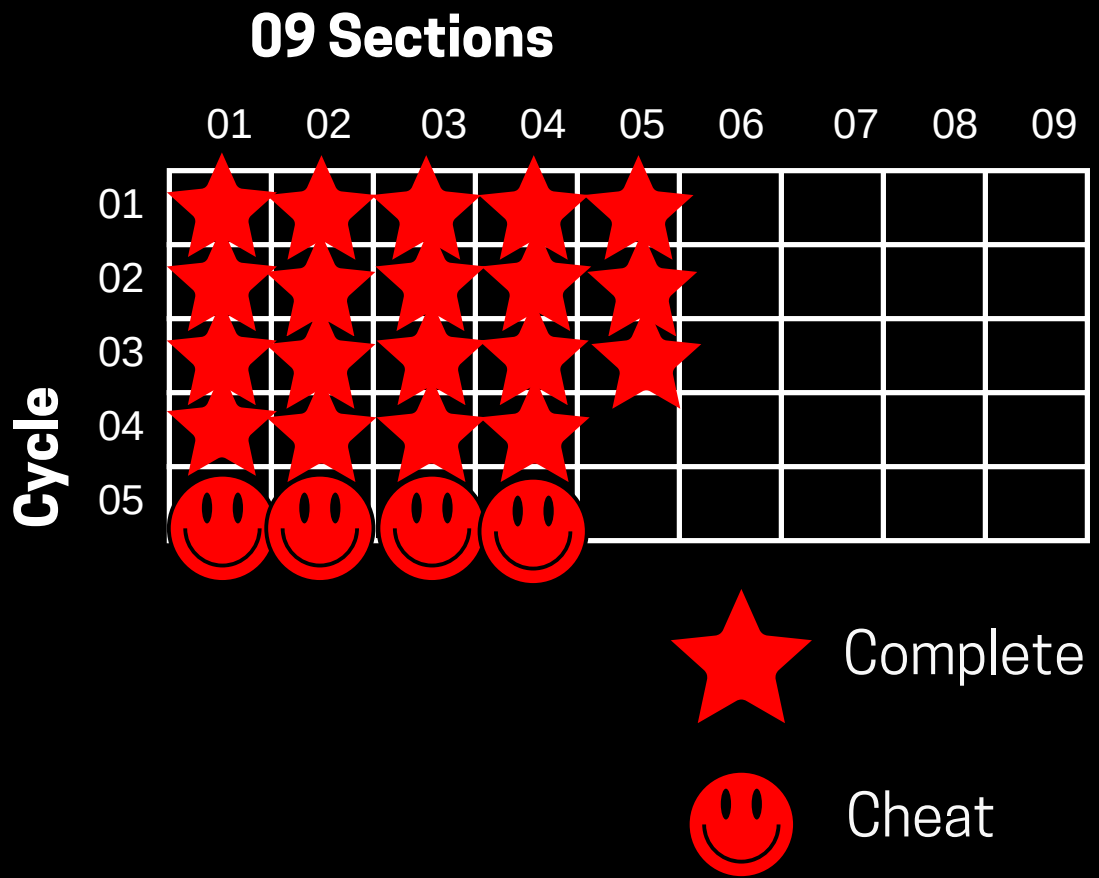


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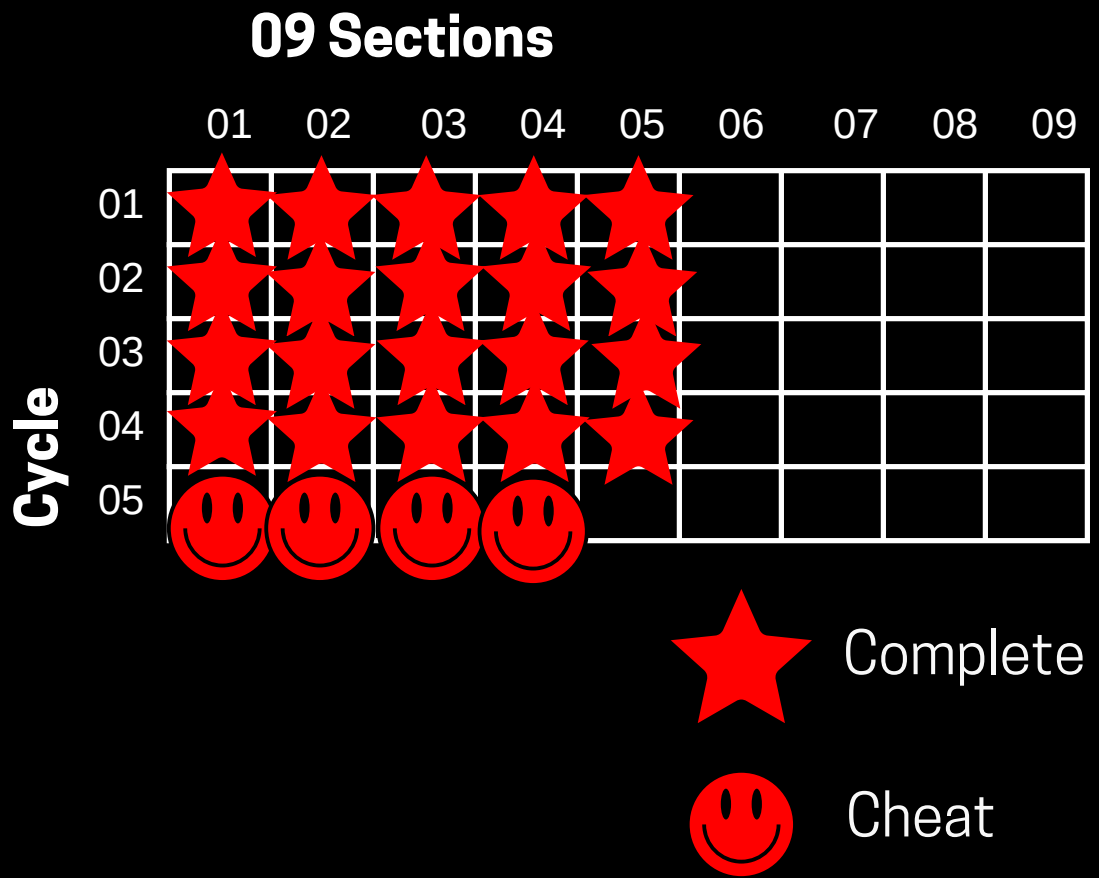


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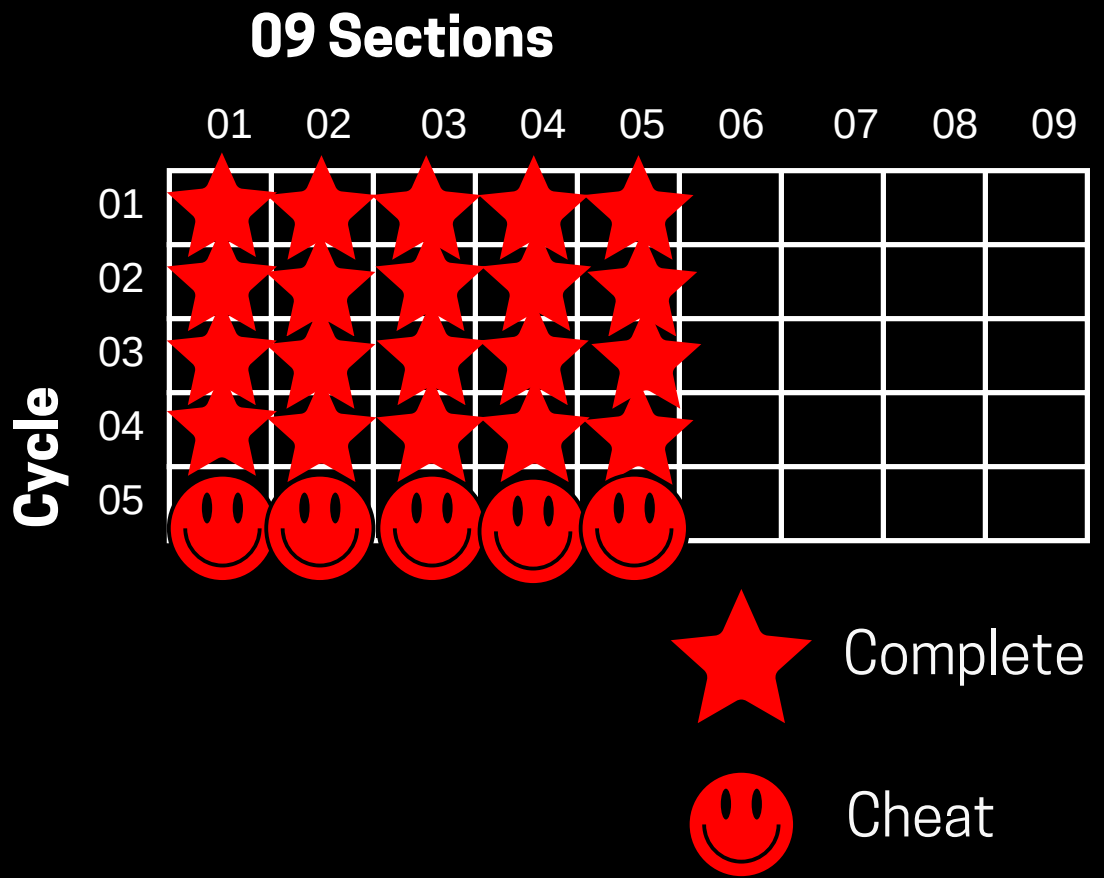


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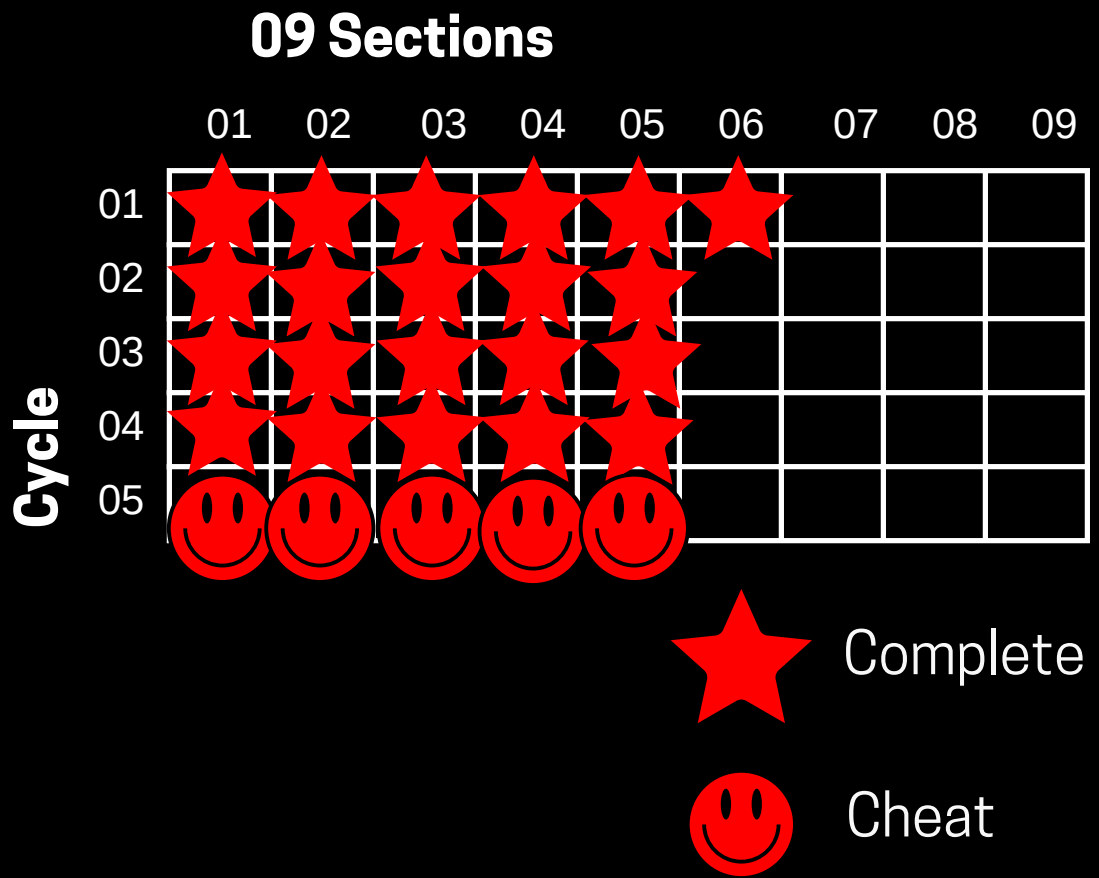


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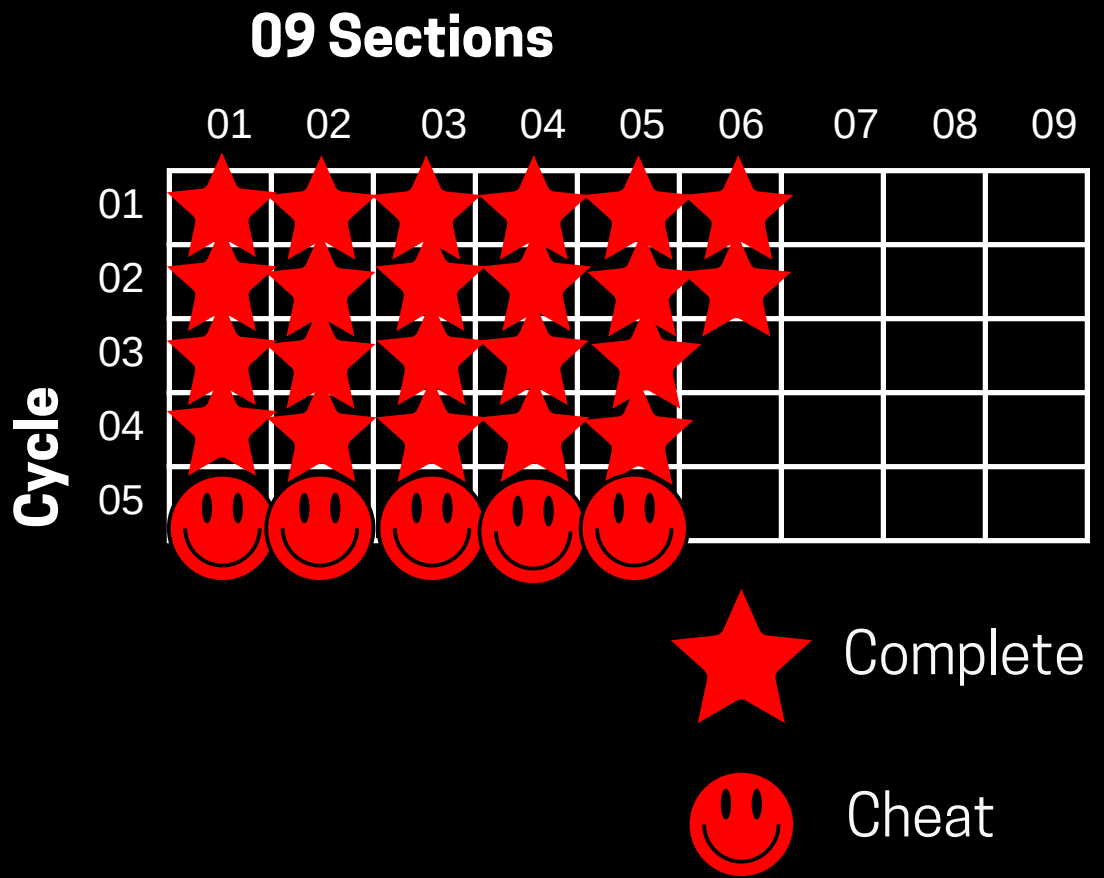


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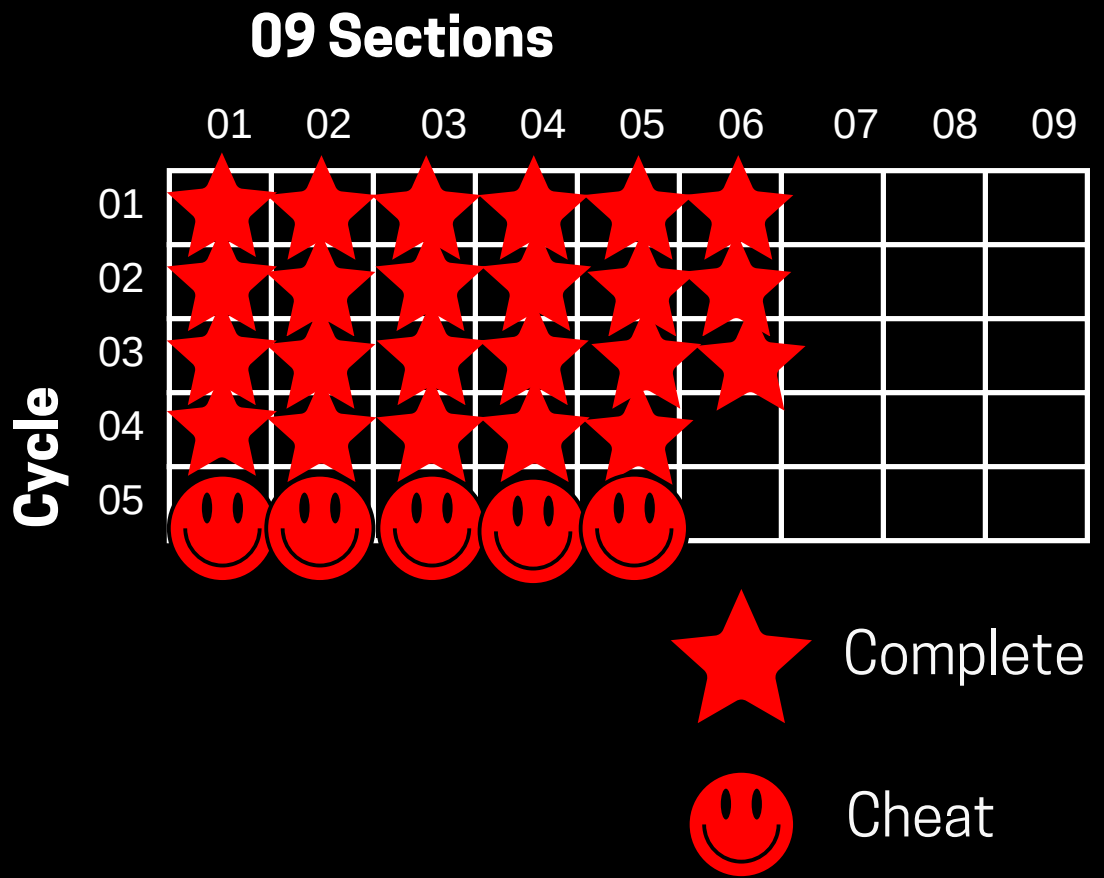


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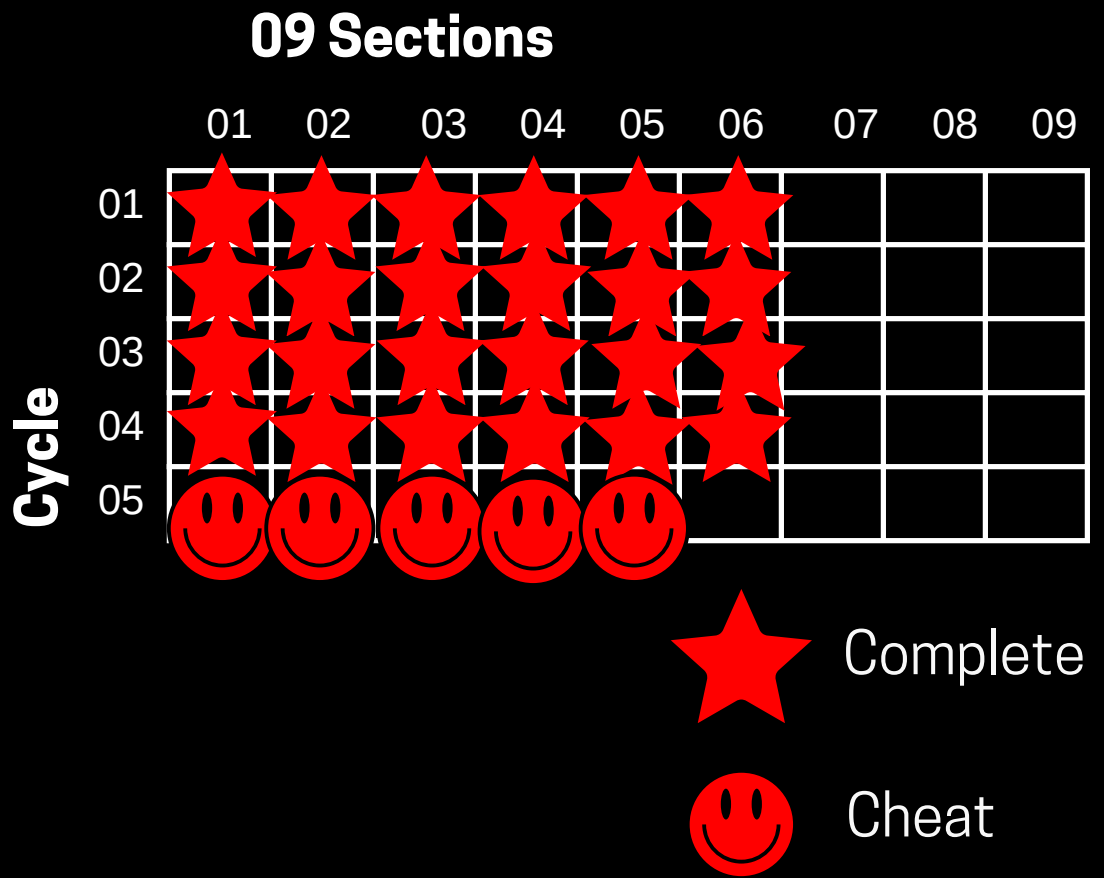


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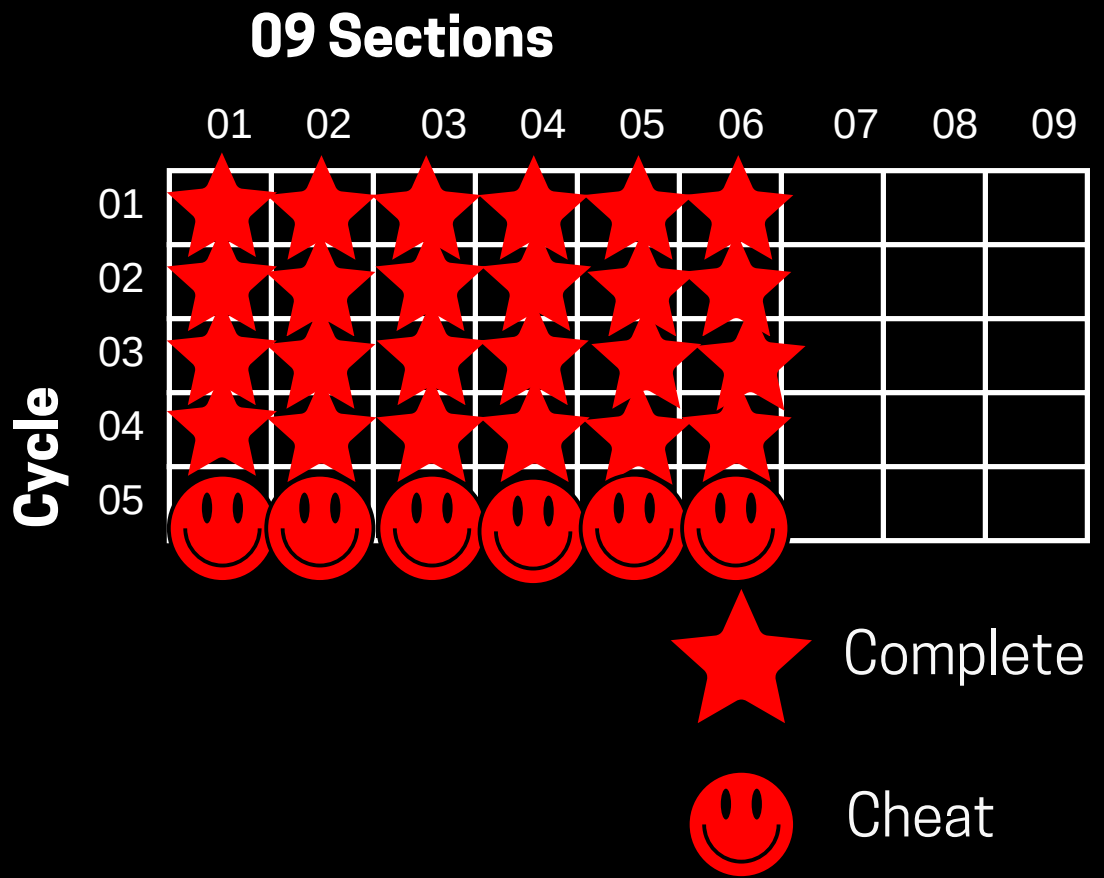


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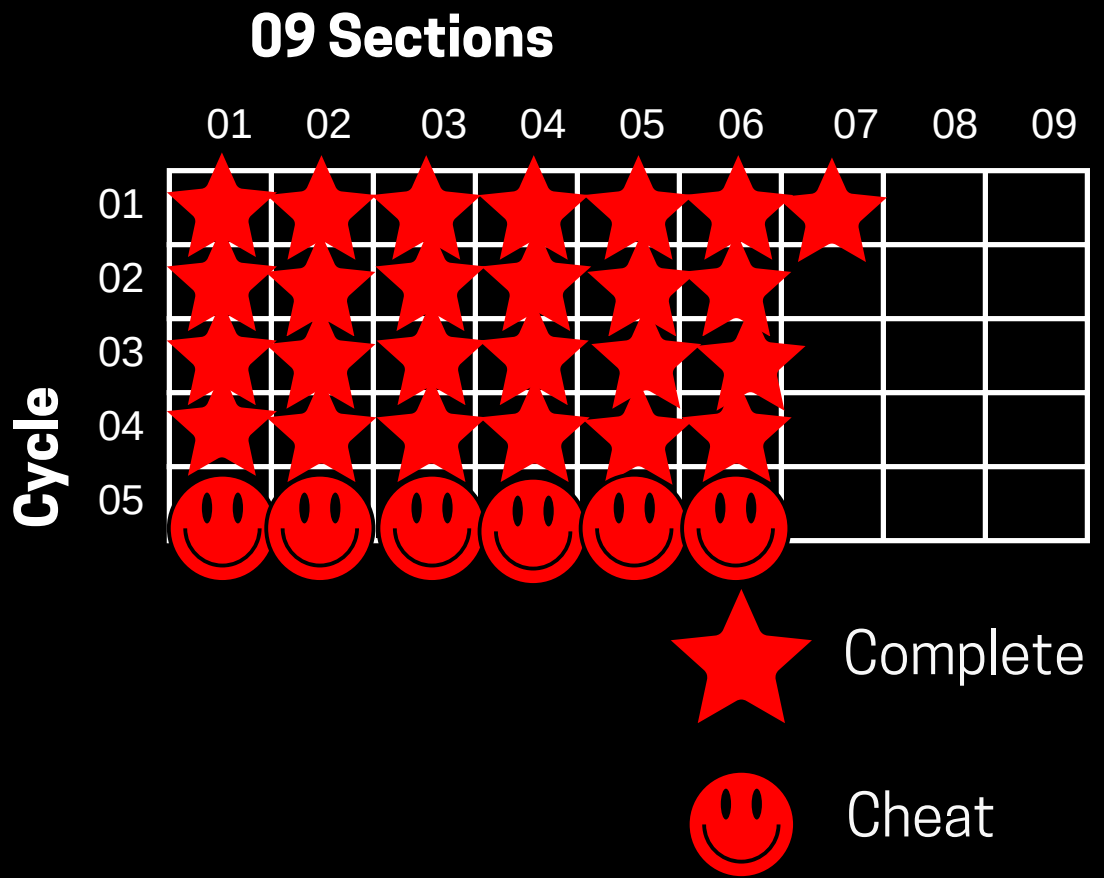


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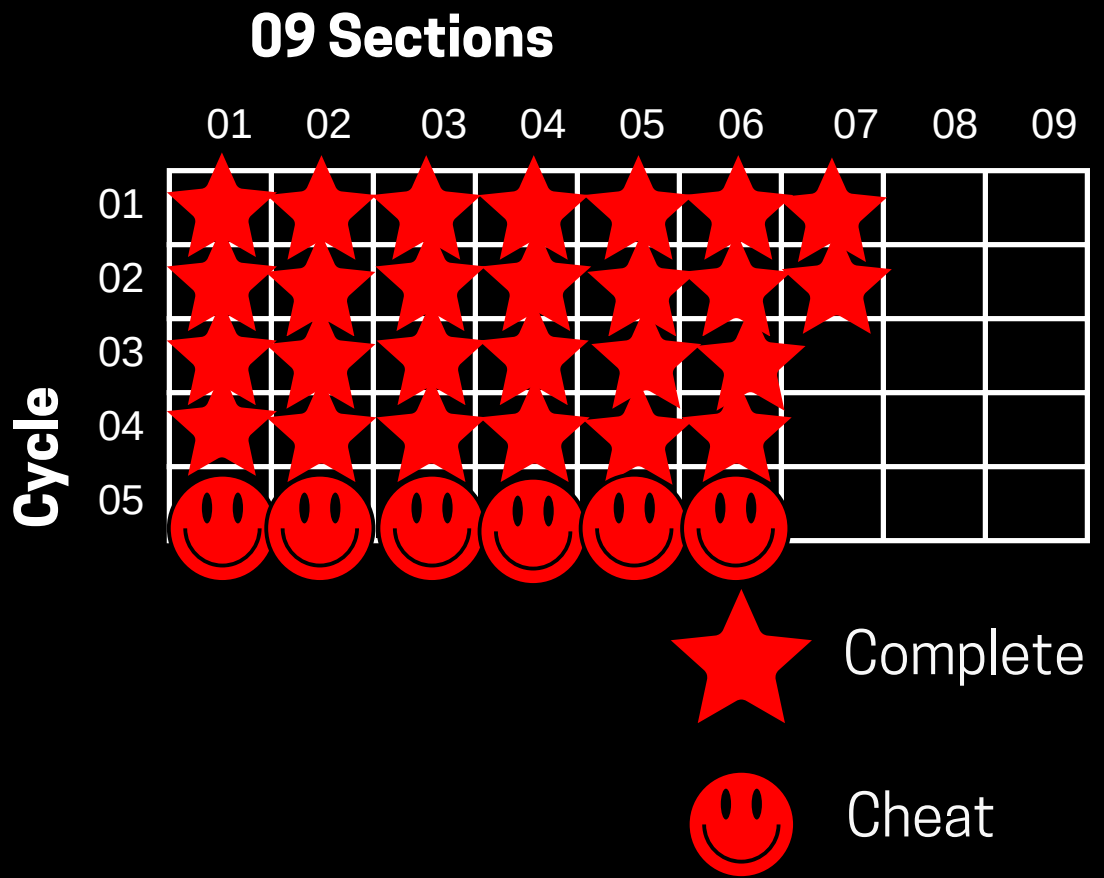


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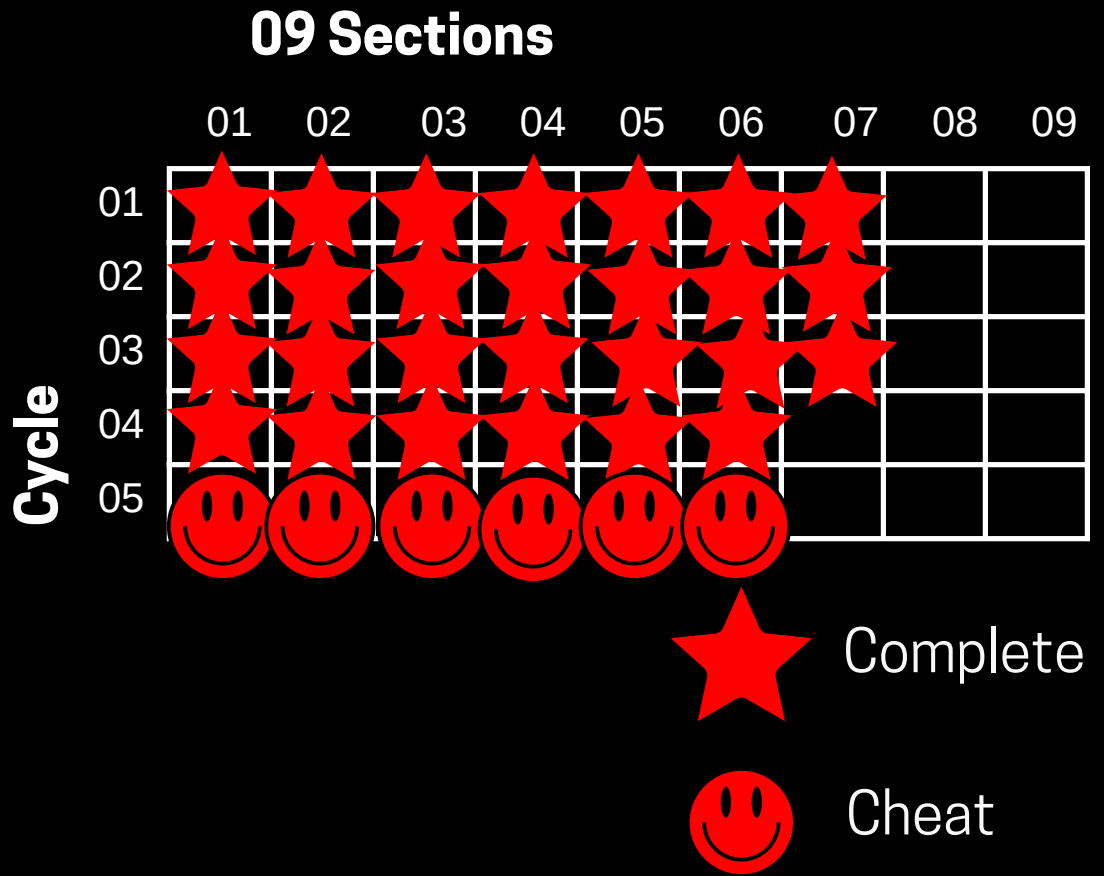


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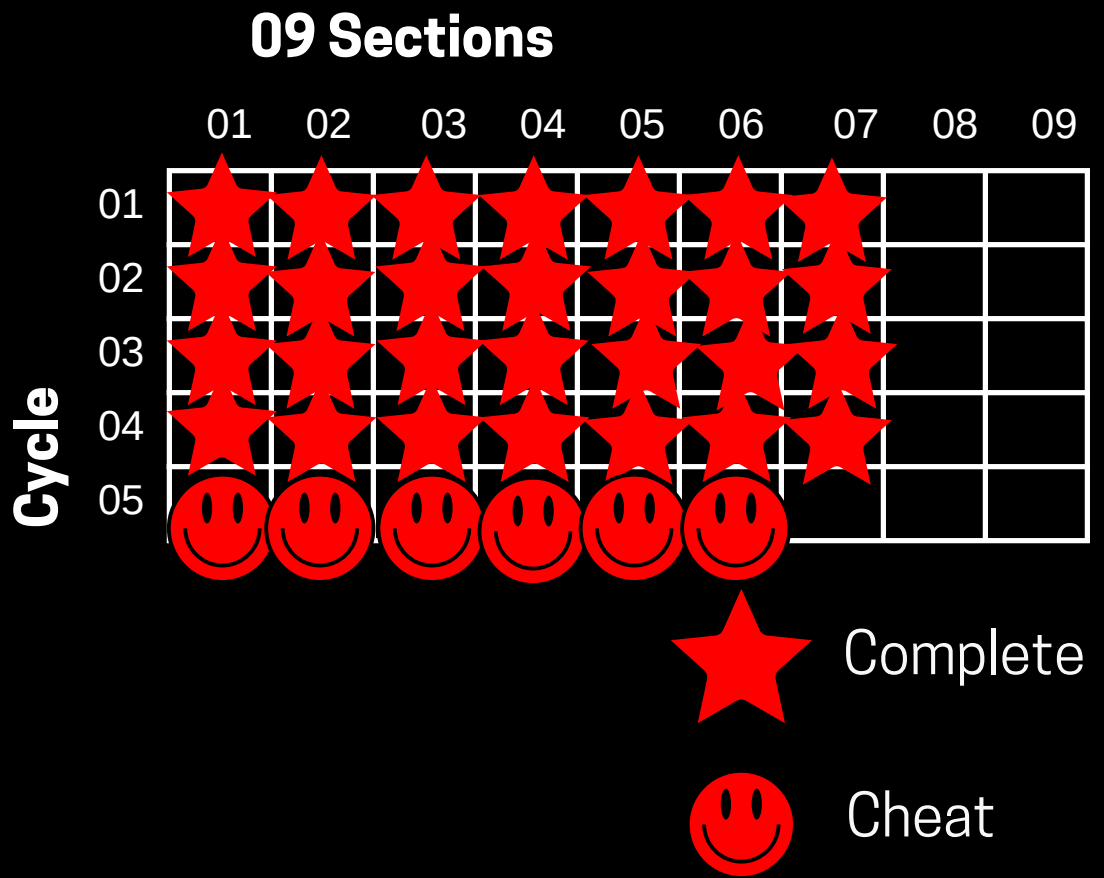


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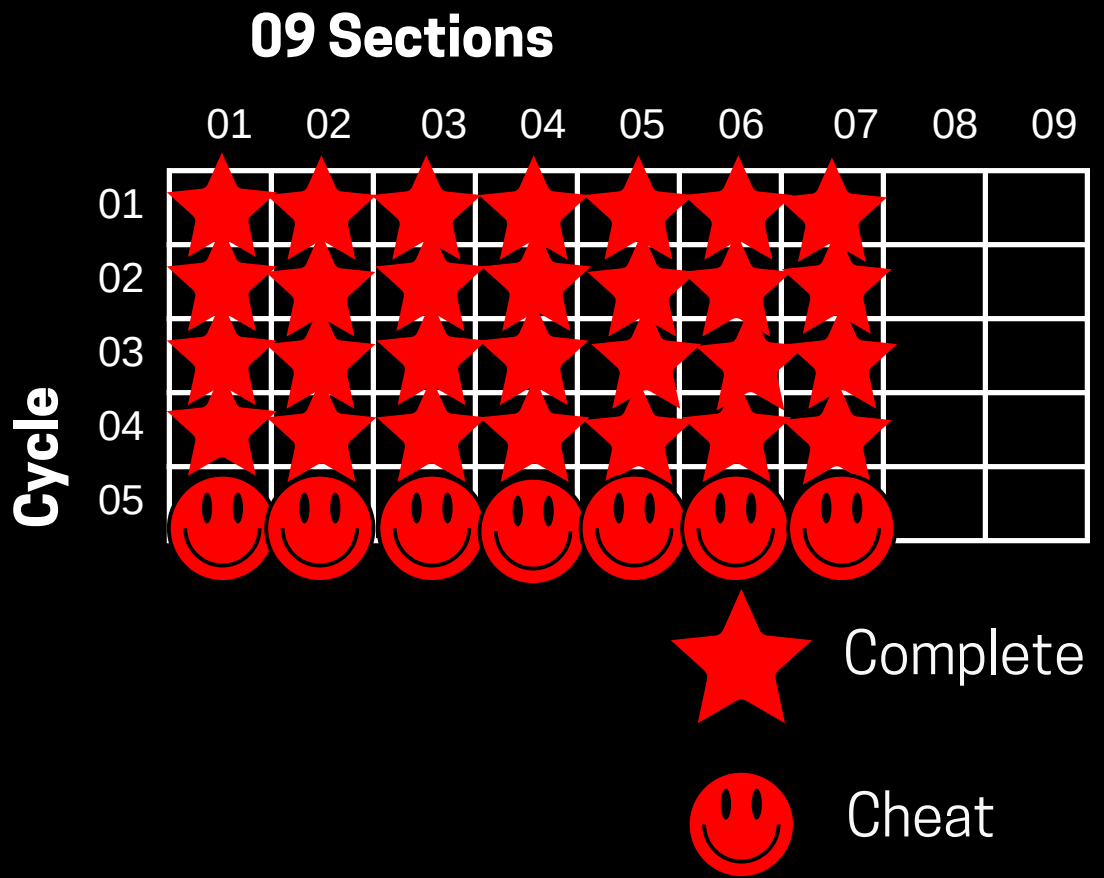


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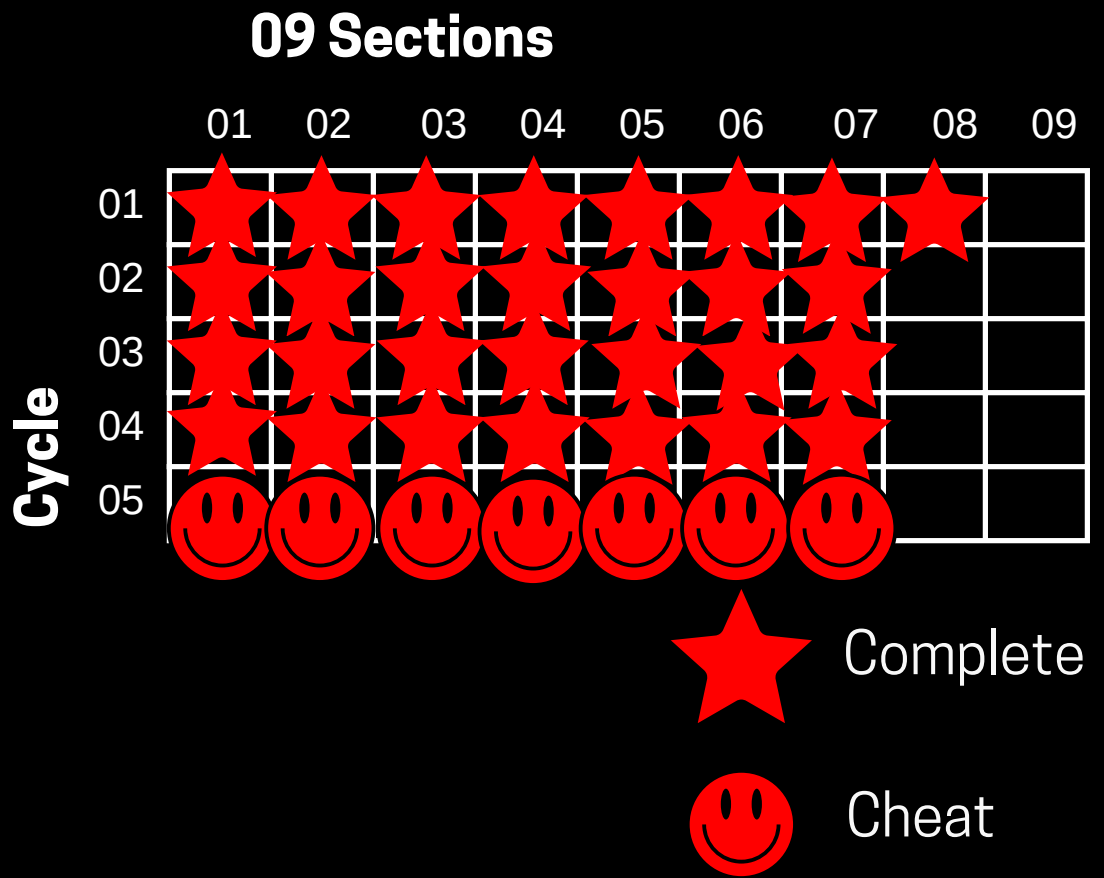


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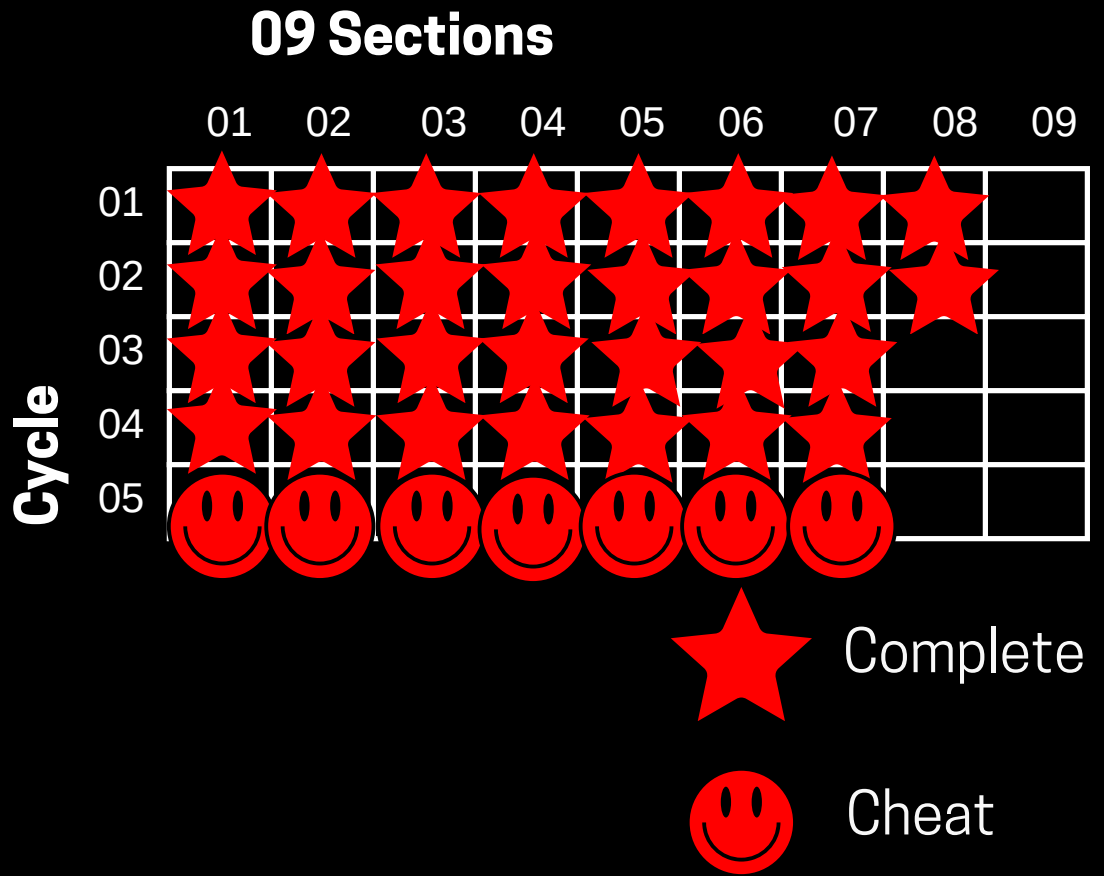


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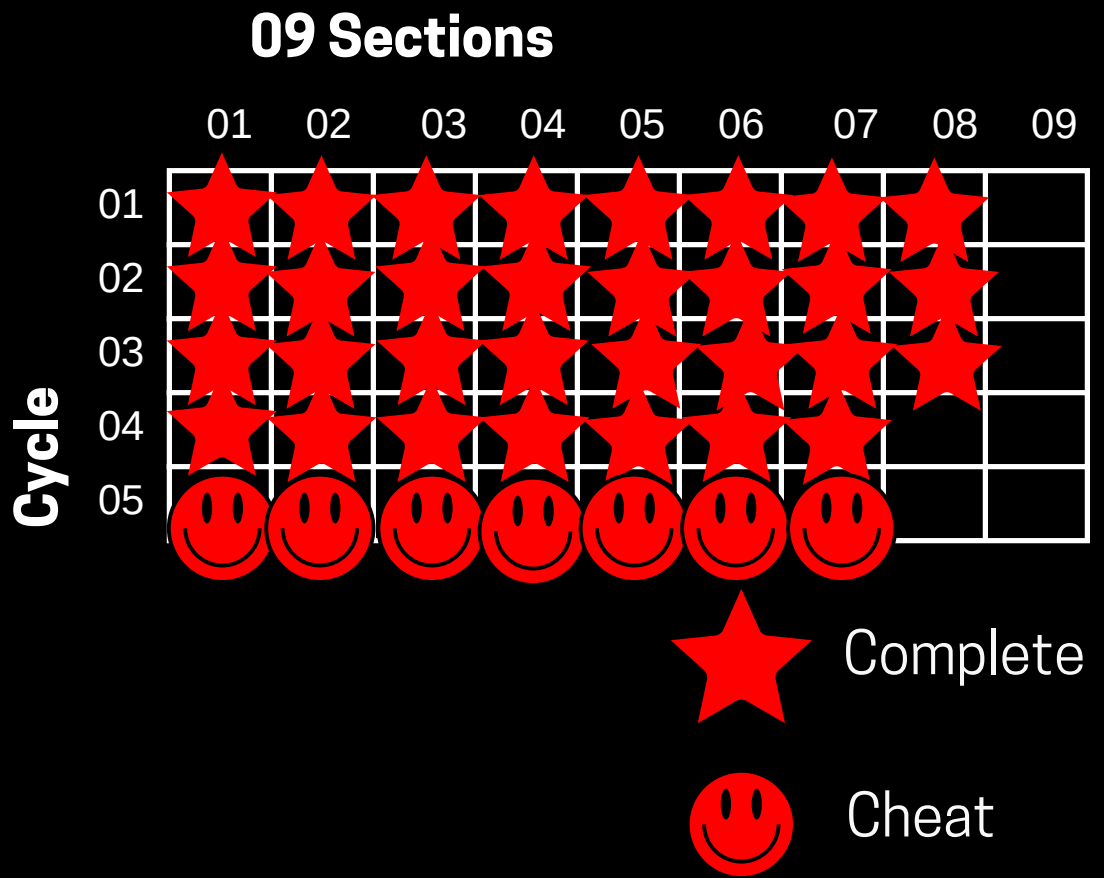


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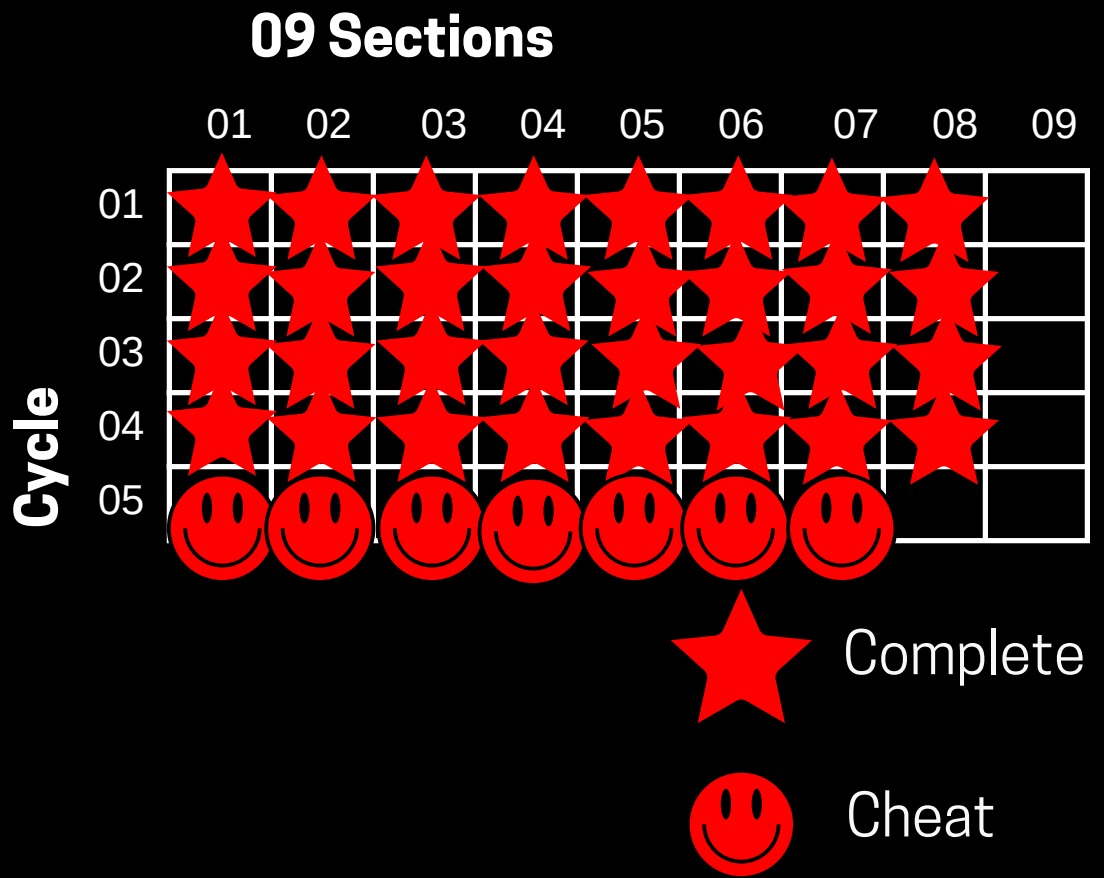


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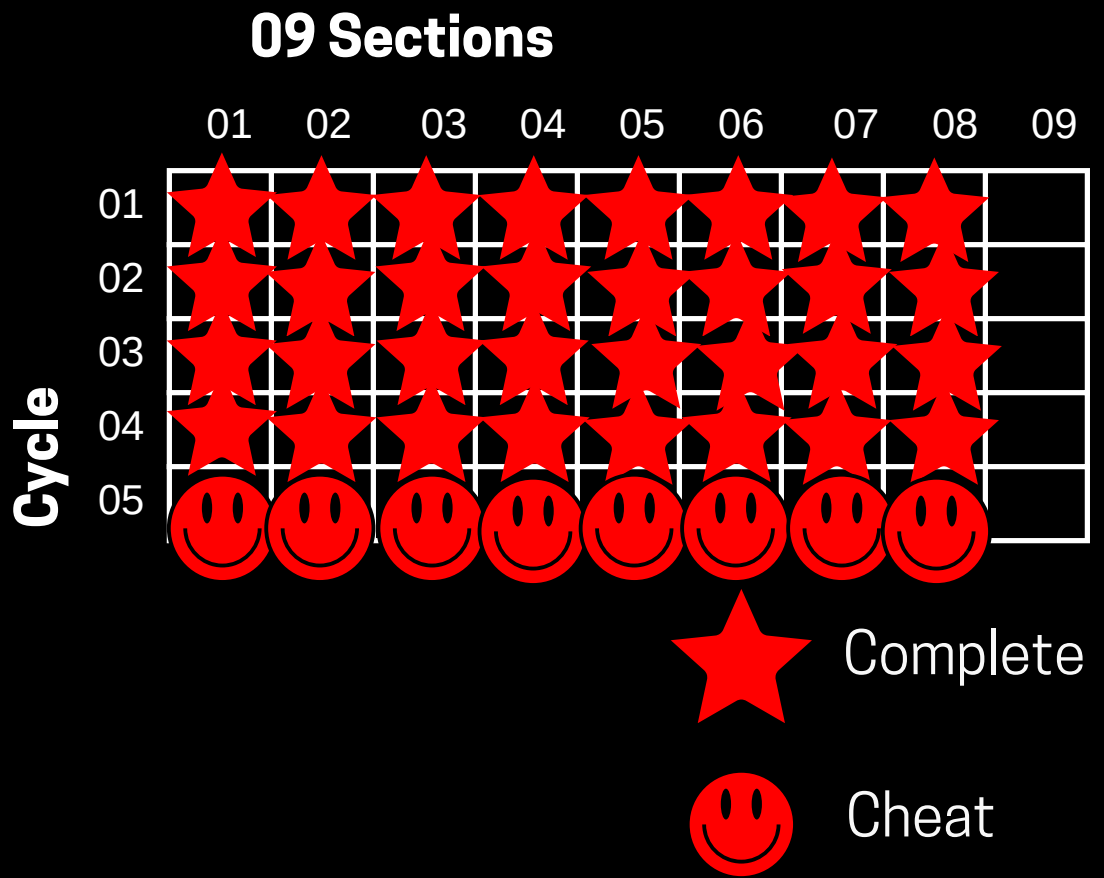


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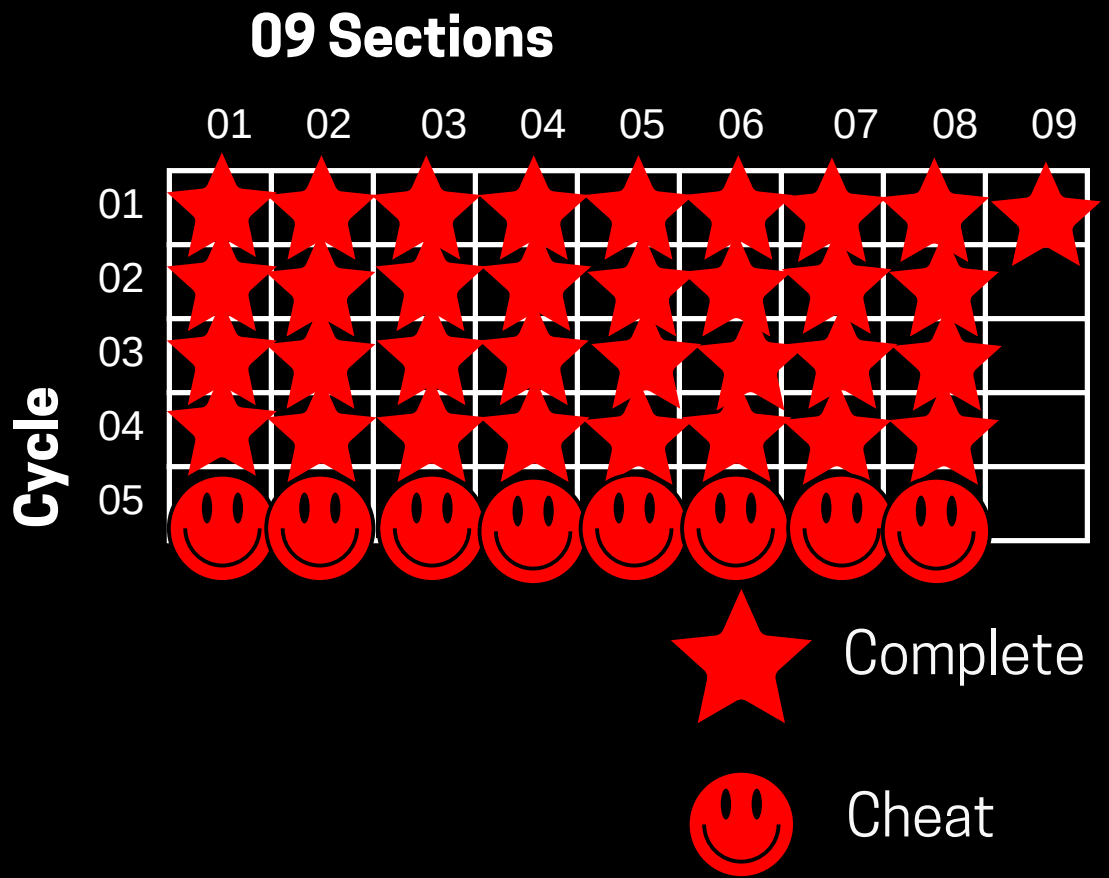


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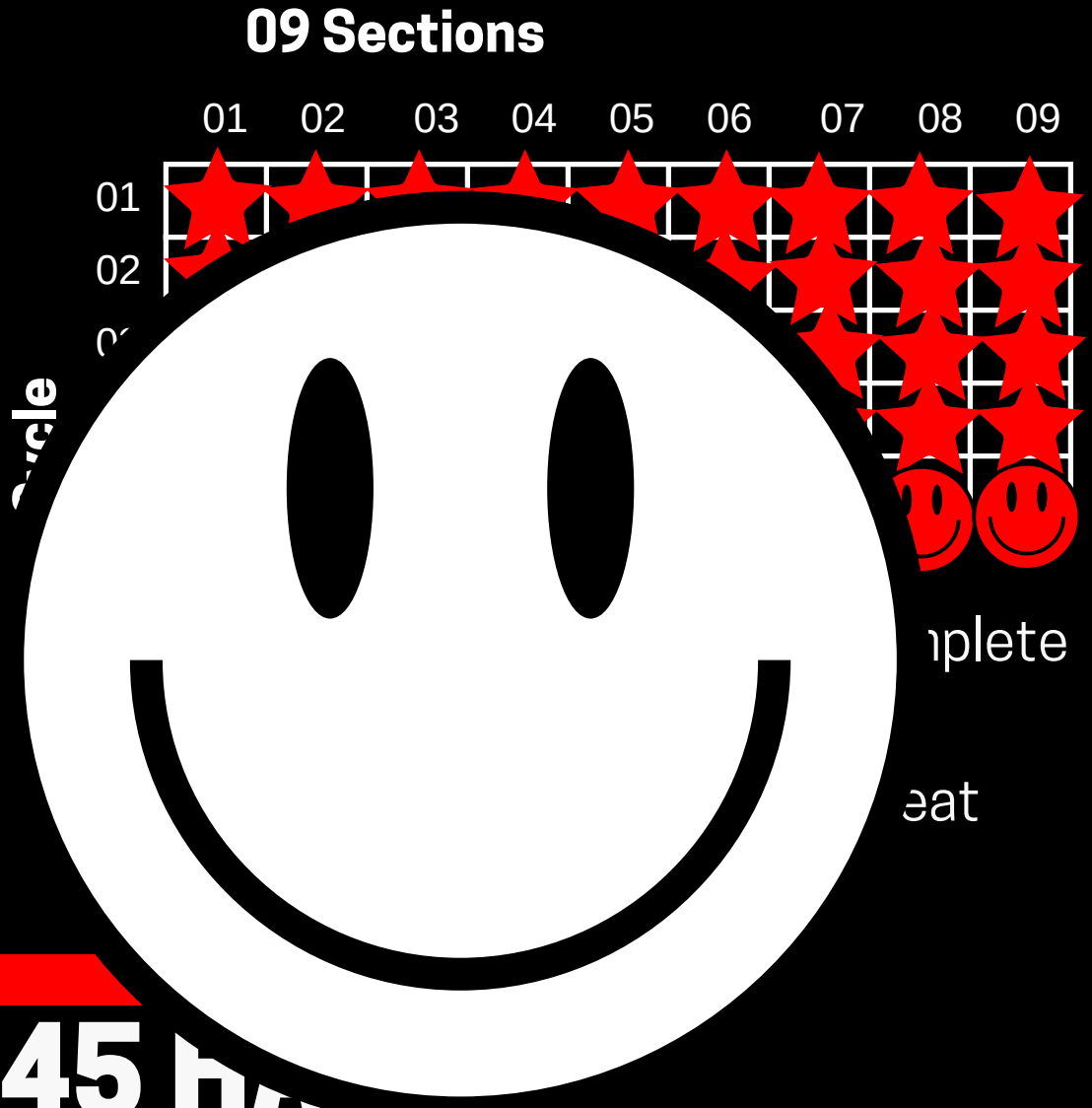
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Congrats! You have Been Hard for 45 Days

Don't Be Nasty ;) Keeo it Going and Restart

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