|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

30 day challenge

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| A | Q | K | L | H | L | O | X | E | O | F | R | S | U | S | T | A | I | N | A | B | L | E | L |
| C | R | O | G | M | E | M | O | R | A | B | L | E | X | E | Z | I | V | Y | J | P | V | W | G |
| S | N | N | H | R | I | U | B | T | S | B | O | K | D | N | O | N | G | H | W | L | N | C | C |
| V | O | U | C | Y | B | M | N | O | K | O | V | Q | X | T | P | M | Z | X | S | A | A | P | O |
| B | V | I | N | U | E | M | D | N | D | D | G | S | N | F | K | V | F | K | J | W | X | N | W |
| B | E | J | F | Q | X | O | E | K | B | T | D | H | X | G | K | I | L | R | C | Q | B | Z | I |
| C | L | U | R | X | N | C | M | F | A | C | P | H | I | L | O | S | O | P | H | E | R | L | Q |
| V | I | K | O | A | Y | Q | F | F | R | D | Z | C | H | A | L | L | E | N | G | E | S | H | U |
| M | S | F | M | M | S | I | X | H | A | B | I | T | F | O | O | T | S | T | E | P | S | Z | G |
| A | T | X | S | Z | S | L | E | E | P | D | E | P | R | I | V | E | D | U | H | G | X | P | T |
| W | Q | U | C | X | X | P | W | G | Y | F | S | S | O | U | T | K | U | L | T | F | A | Q | H |
| H | P | Q | R | L | Z | H | N | H | I | S | H | W | Z | Q | C | D | R | O | U | T | N | Q | C |
| N | R | S | A | N | R | Z | E | I | S | N | O | T | E | G | M | K | I | M | B | S | A | E | A |
| D | I | Q | T | D | D | H | C | V | Y | P | T | S | R | R | E | X | T | K | V | S | E | Q | H |
| E | J | R | C | L | W | C | K | V | H | U | L | V | J | U | A | A | E | D | I | M | A | G | Q |
| Q | Z | N | H | V | I | N | G | T | O | R | L | P | A | J | A | X | F | C | K | T | O | I | K |
| C | D | H | W | W | M | N | P | K | S | A | D | V | E | N | T | U | R | O | U | S | X | U | X |
| P | U | J | D | H | R | R | X | P | H | Z | Q | R | P | L | G | S | Q | J | F | N | A | A | P |
| Y | P | B | E | Z | Z | M | G | I | T | M | B | B | Y | X | V | R | W | H | U | B | H | K | B |
| X | S | C | N | G | D | W | C | O | J | H | A | D | L | P | U | K | T | S | Q | A | T | Z | C |
| X | N | H | M | Y | M | Y | I | Q | Y | M | V | A | K | Z | R | K | B | T | C | J | T | K | J |
| W | A | O | Q | T | Z | W | C | S | I | R | L | W | Z | T | G | U | A | R | A | N | T | E | E |
| X | V | A | Z | Z | O | B | C | H | L | O | F | S | U | K | W | Z | F | Q | K | P | R | C | U |
| D | S | E | L | F | C | O | N | F | I | D | E | N | C | E | N | C | T | A | Q | S | B | A | J |

   shot       ton       fromscratch       novelist       sustainable       guarantee       habit       challenges       sleepdeprived       adventurous       selfconfidence       memorable       philosopher       footsteps