Evolutionary Leader Program Lifestyle Changes

YOUR CHOSEN AREA TO IMPROVE (Stays the same all week) TODAY'S TASK TO ADDRESS IT HOW DO YOU FEEL ABOUT HOW YOU DID TODAY?	Day: Monday	Tuesday Wednesda	ay Thursday	Friday Saturday	/ Sunday	
TODAY'S TASK TO ADDRESS IT	YOUR CHOSEN AREA TO IMPROVE					
	(Stays the same all week)					
HOW DO YOU FEEL ABOUT HOW YOU DID TODAY?	TODAY'S TASK TO ADDRESS IT					
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