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| --- | --- | --- |
| Day # and date | Goal for day | Consequence |
| Day #1 1/25 Fri. |  |  |
| #2 1/26 Sat. |  |  |
| #3 1/27 Sun. |  |  |
| #4 1/28 Mon. |  |  |
| #5 1/29 Tues. |  |  |
| #6 1/30 Wed. |  |  |
| #7 1/31 Thurs. |  |  |
| #8 2/1 Fri. |  |  |
| #9 2/2 Sat. |  |  |
| #10 2/3 Sun. |  |  |