Small improvements daily are the key to staggering long-term results.

Goal for the month:

July 2017

Monday	Guesday	Wednesday	Ghursday	Friday	Saturday
					1
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	29
31					
	10	3 4 10 11 17 18 24 25	3 4 5 10 11 12 17 18 19 24 25 26	3 4 5 6 10 11 12 13 17 18 19 20 24 25 26 27	3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28