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

Goal for the month:

July 2019

V A	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5	6
0.200		Assessing the second second			Independence Day		
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	<u>ABARAN (BABARA) (B</u>	ANGELLE SELECTION OF THE S	<u>ABNORUS BESTELS</u>