

MY 30-DAY CHALLENGE

BY ONEBRICKADAY.COM

MY 30 DAY
COMMITMENT _____

BEGIN DATE: _____

1	1	2	3	4	5	6
	notes					
2	7	8	9	10	11	12
	notes					
3	13	14	15	16	17	18
	notes		Half-way there!			
4	19	20	21	22	23	24
	notes					
5	25	26	27	28	29	30★
	notes					Congratulations!

Get Social: Use the hashtag ‘#OneBrickADay’ to show others your progress and keep you accountable!

SIGNATURE: _____

DATE OF SIGNATURE: _____