

U235 Challenge

You, work on 2 new habits a week, practice them at least 3 times a week, for 5 minutes a day over the course of 5 weeks

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| Week 1 | | | | | | | |
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| Week 2 | | | | | | | |
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| Week 3 | | | | | | | |
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| Week 4 | | | | | | | |
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| Week 5 | | | | | | | |
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