

Make A Move

July 2026 ✓

a 31 Day experiment!

			1	2	3	4
5	6	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	

CONSISTENCY CHALLENGE:

9 minutes for 31 days

You've got this!

iamawellbeingwarrior.com



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