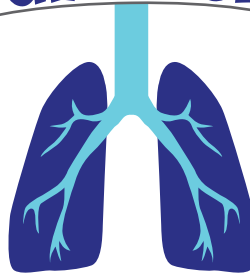


30 DAY CHALLENGE 30 DAY



Directions:
Print this calendar and put it somewhere visible in your house.

Once you are complete the daily activity, check the box next to it.

<input type="checkbox"/> CONNECT <input type="checkbox"/> EXERCISE DAY 1	<input type="checkbox"/> LEARN <input type="checkbox"/> MINDFUL DAY 2	<input type="checkbox"/> EMPOWER <input type="checkbox"/> LEARN DAY 3	<input type="checkbox"/> EXPLORE <input type="checkbox"/> MINDFUL DAY 4	<input type="checkbox"/> MINDFUL <input type="checkbox"/> EXERCISE DAY 5	<input type="checkbox"/> CONNECT <input type="checkbox"/> EXERCISE DAY 6	SHARE! DAY 7	
<input type="checkbox"/> ORGANIZE <input type="checkbox"/> EXERCISE DAY 8	<input type="checkbox"/> EXPLORE <input type="checkbox"/> MINDFUL DAY 9	<input type="checkbox"/> LEARN <input type="checkbox"/> MINDFUL DAY 10	<input type="checkbox"/> LEARN <input type="checkbox"/> EXERCISE DAY 11	<input type="checkbox"/> LEARN <input type="checkbox"/> MINDFUL DAY 12	<input type="checkbox"/> ORGANIZE <input type="checkbox"/> EXERCISE DAY 13	<input type="checkbox"/> EXPLORE <input type="checkbox"/> MINDFUL DAY 14	
SHARE! DAY 15	<input type="checkbox"/> CONNECT <input type="checkbox"/> EXERCISE DAY 16	<input type="checkbox"/> LEARN <input type="checkbox"/> MINDFUL DAY 17	<input type="checkbox"/> ORGANIZE <input type="checkbox"/> EXERCISE DAY 18	<input type="checkbox"/> LEARN <input type="checkbox"/> MINDFUL DAY 19	SHARE! DAY 20	<input type="checkbox"/> CONNECT <input type="checkbox"/> EXERCISE DAY 21	
<input type="checkbox"/> LEARN <input type="checkbox"/> MINDFUL DAY 22	<input type="checkbox"/> ORGANIZE <input type="checkbox"/> EXERCISE DAY 23	<input type="checkbox"/> EXPLORE <input type="checkbox"/> MINDFUL DAY 24	SHARE! DAY 25	<input type="checkbox"/> CONNECT <input type="checkbox"/> EXERCISE DAY 26	<input type="checkbox"/> LEARN <input type="checkbox"/> MINDFUL DAY 27	<input type="checkbox"/> ORGANIZE <input type="checkbox"/> EXERCISE DAY 28	
<input type="checkbox"/> PREPARE <input type="checkbox"/> MINDFUL DAY 29	SHARE! DAY 30						



GOALS:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

GO₂ FOUNDATION FOR LUNG CANCER

Empower Everyone. Ignore No One.

Share your progress with #30daygo2challenge and tag us at @GO2Foundation

Illustrations by
by Kakigori