Read each statement twice a day, morning and night.
Cross it out when you've done it.

Day 1	Day 7	Day 13	Day 19	Day 25
Day 1	Day 7	Day 13	Day 19	Day 25
Day 2	Day 8	Day 14	Day 20	Day 26
Day 2	Day 8	Day 14	Day 20	Day 26
Day 3	Day 9	Day 15	Day 21	Day 27
Day 3	Day 9	Day 15	Day 21	Day 27
Day 4	Day 10	Day 16	Day 22	Day 28
Day 4	Day 10	Day 16	Day 22	Day 28
Day 5	Day 11	Day 17	Day 23	Day 29
Day 5	Day 11	Day 17	Day 23	Day 29
Day 6	Day 12	Day 18	Day 24	Day 30
Day 6	Day 12	Day 18	Day 24	Day 30

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