

30-day

30-Minute challenge

inphyusion.com challenges you to move at least 30 minutes for 30 days marking each circle as you complete a day. send your completed challenge worksheet to inphyusion@gmail.com to redeem your free 30-minute breakthrough health coaching session. be sure to share challenge updates via social media using #inphyusion30.

30	30	30	30	30	30
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