

Thursday Circle
60 Day Body / Mind / Spirit Uplift Challenge

Week 1: June 4	✓	Week 5: July 2	✓
* DRINK MORNING WATER		*	
Fri		Fri	
Sat		Sat	
Sun		Sun	
Mon		Mon	
Tues		Tues	
Wed		Wed	
Thu		Thu	
Week 2: June 11		Week 6: July 9	
*		*	
Fri		Fri	
Sat		Sat	
Sun		Sun	
Mon		Mon	
Tues		Tues	
Wed		Wed	
Thu		Thu	
Week 3: June 18		Week 7: July 16	
*		*	
Fri		Fri	
Sat		Sat	
Sun		Sun	
Mon		Mon	
Tues		Tues	
Wed		Wed	
Thu		Thu	
Week 4: June 25		Week 8: July 23	
*		*	
Fri		Fri	
Sat		Sat	
Sun		Sun	
Mon		Mon	
Tues		Tues	
Wed		Wed	
Thu		Thu	