

DARK DAYS CHALLENGE

FOUR WEEKS OF GETTING OUTSIDE *even though IT'S COLD AND DARK.*

START DATE:

WEEK

1	2	3	4	5	6	7	1
8	9	10	11	12	13	14	2
15	16	17	18	19	20	21	3
22	23	24	25	26	27	28	4
29	30	31	32	33	34	35	5

BONUS WEEK

FINISH DATE:


Alpinecho