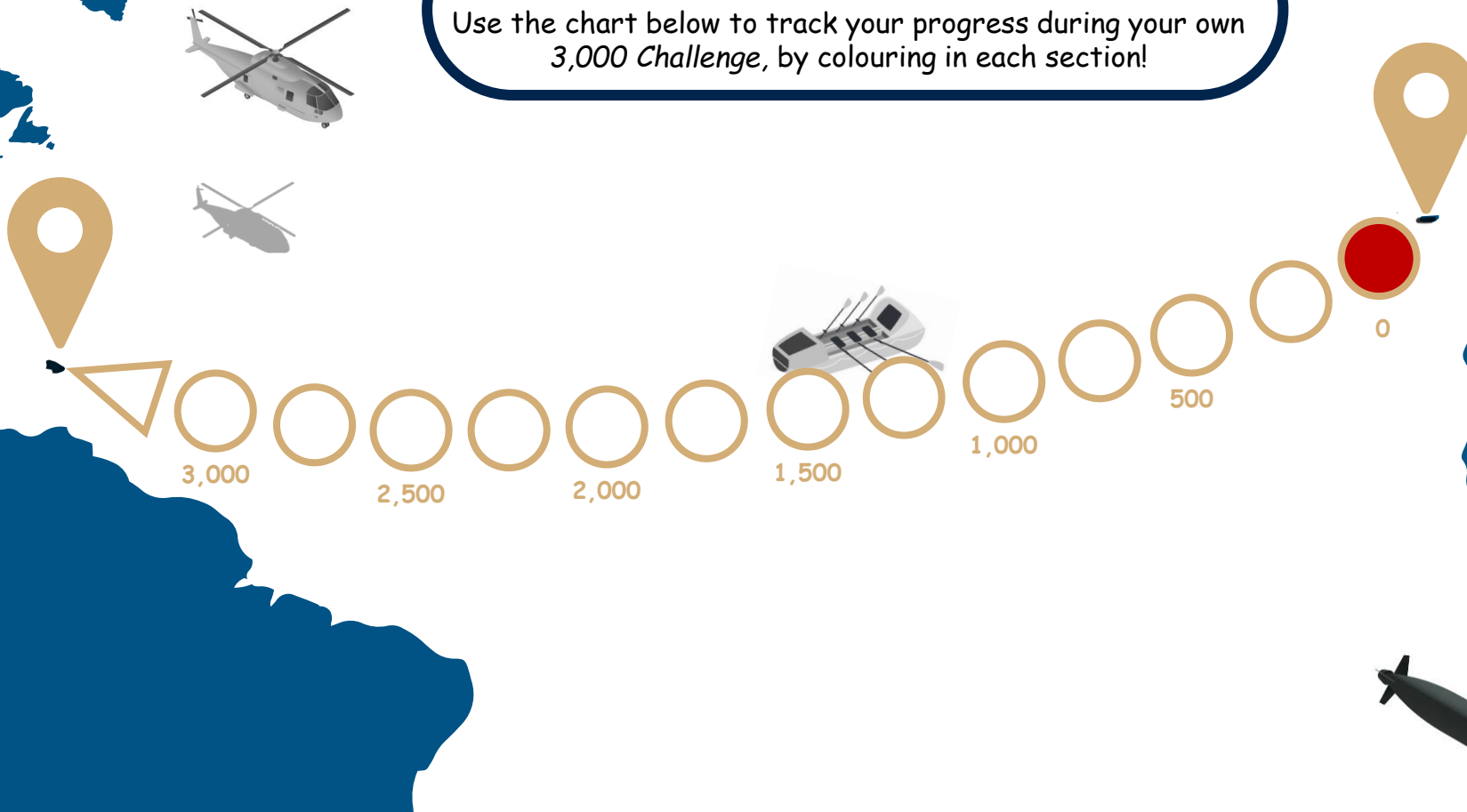


## PROGRESS CHART

Use the chart below to track your progress during your own 3,000 Challenge, by colouring in each section!



# THE 3,000 CHALLENGE

