

## 30 DAY CHALLENGE



Set your intentions for this challenge:

*One type of movement each day!* 

<input checked="" type="checkbox"/> DAY 1 Stretch 15 mins	<input checked="" type="checkbox"/> DAY 2 walk outside for 10 mins	<input checked="" type="checkbox"/> DAY 3 Sit ups x 10	<input type="checkbox"/> DAY 4 	<input checked="" type="checkbox"/> DAY 5 <u>Rest!</u>
<input type="checkbox"/> DAY 6 Side lunges x 20	<input checked="" type="checkbox"/> DAY 7 Stretch 15 mins	<input checked="" type="checkbox"/> DAY 8 jumping jacks x 30	<input checked="" type="checkbox"/> DAY 9 Planks x 5	<input type="checkbox"/> DAY 10 Push ups x 15
<input checked="" type="checkbox"/> DAY 11 squats x 20	<input checked="" type="checkbox"/> DAY 12 	<input checked="" type="checkbox"/> DAY 13 yoga session w/ katie	<input type="checkbox"/> DAY 14 Walk 10 mins out side	<input checked="" type="checkbox"/> DAY 15 Side lunges x 20
<input checked="" type="checkbox"/> DAY 16 15 min run out- side	<input type="checkbox"/> DAY 17 Mountain Climber twists x 10	<input checked="" type="checkbox"/> DAY 18 <u>Rest</u>	<input checked="" type="checkbox"/> DAY 19 	<input checked="" type="checkbox"/> DAY 20 jump rope!
<input checked="" type="checkbox"/> DAY 21 	<input checked="" type="checkbox"/> DAY 22 Walk 10 mins outside	<input checked="" type="checkbox"/> DAY 23 hula hoop!	<input checked="" type="checkbox"/> DAY 24 Side lunges x 20	<input type="checkbox"/> DAY 25 go on a run for 15 mins
<input type="checkbox"/> DAY 26 jumping jacks x 20	<input checked="" type="checkbox"/> DAY 27 yoga session	<input checked="" type="checkbox"/> DAY 28 Frisbee w/ Sam	<input type="checkbox"/> DAY 29 Push ups x 10	<input checked="" type="checkbox"/> DAY 30 

### END OF CHALLENGE REFLECTION

*I feel like I have more energy throughout the day! It gives me a lot of motivation!*

# 30 Day Challenge On Fac Instructions

**Johns Hopkins University**



### 30 Day Challenge On Fac Instructions:

**United States Court of International Trade Reports** United States Court of International Trade, Census Bureau, Commerce Department, Judiciary, 2015-06-03 This historical legal reference includes the international trade cases reported with opinions of the Court from January through December 2010 Small businesses mid size to large corporation international trade and compliance office personnel that engage in international trade with their products and services may be interested in this volume as well as their attorneys Students enrolled in Economics of International Trade and Finance courses as well as law courses for International Trade Law may also be interested in this volume for research papers Other print volumes in the U S Court of International Trade Reports can be found here <https://bookstore.gpo.gov/catalog/laws/regulations/court/cases/documents/us-court-international-trade-us-court-international-trade> Basic Guide to Exporting Official U S Government Resource for Small and Medium Sized Businesses 11th edition can be found here <https://bookstore.gpo.gov/products/sku/003009007411>

**Industrial Employment Information Bulletin** United States Employment Service, 1927  
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**Industrial Employment Survey Bulletin, No. 1 Jan. 1921** United States Employment Service, 1921

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