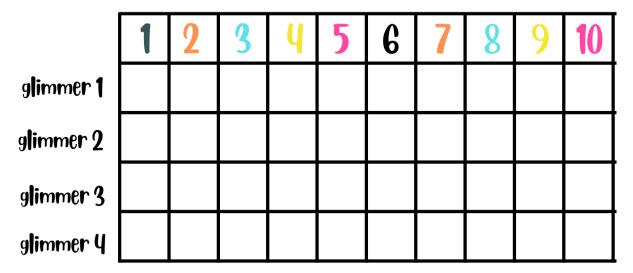
21 DAY GLIMMERS TRACKER

name



	11	12	13	14	15	16	17	18	19	20	21
glimmer 1											
glimmer 2											
glimmer 3											
glimmer 4											

	direct 1	direct ?	dirangr's	YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF What I noticed	name
1					
2					
3					
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10					

PRINT OR SCREENSHOT ME - TRACK EACH DAYS GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY.

PRINT OR SCREENSHOT ME - TRACK EACH DAYS GLIMMERS, THERE'S SPACE FOR 5 GLIMMERS A DAY. YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF what I noticed name