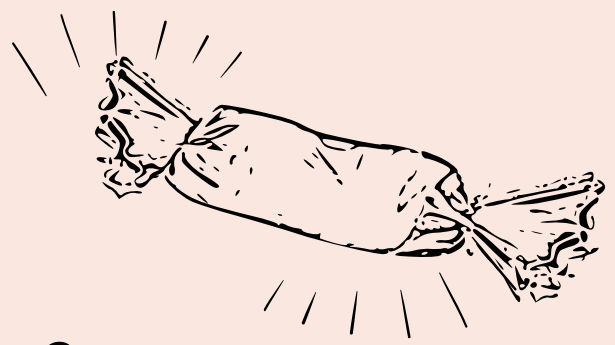


Shake Off Sugar



a 31 Day experiment!

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

Remember, we are either winning or learning! There is no doing it wrong or failure, just the opportunity to gain insight and awareness. Interesting Mister Bond!