The Power Hour Action Item Progress

Week Of:	Action Item:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
	5 minutes of meditation							
	10 minutes of exercise							
	1 raw meal a day							
	Give up one item in your diet you shouldn't have or drink 7 glasses of water a day							
	Document your progress							

The Power Hour
PO Box 85
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877-817-9829 ~ 573-378-6049 ~ Fax 573-378-5998
www.thepowerhour.com ~ www.thepowermall.com

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