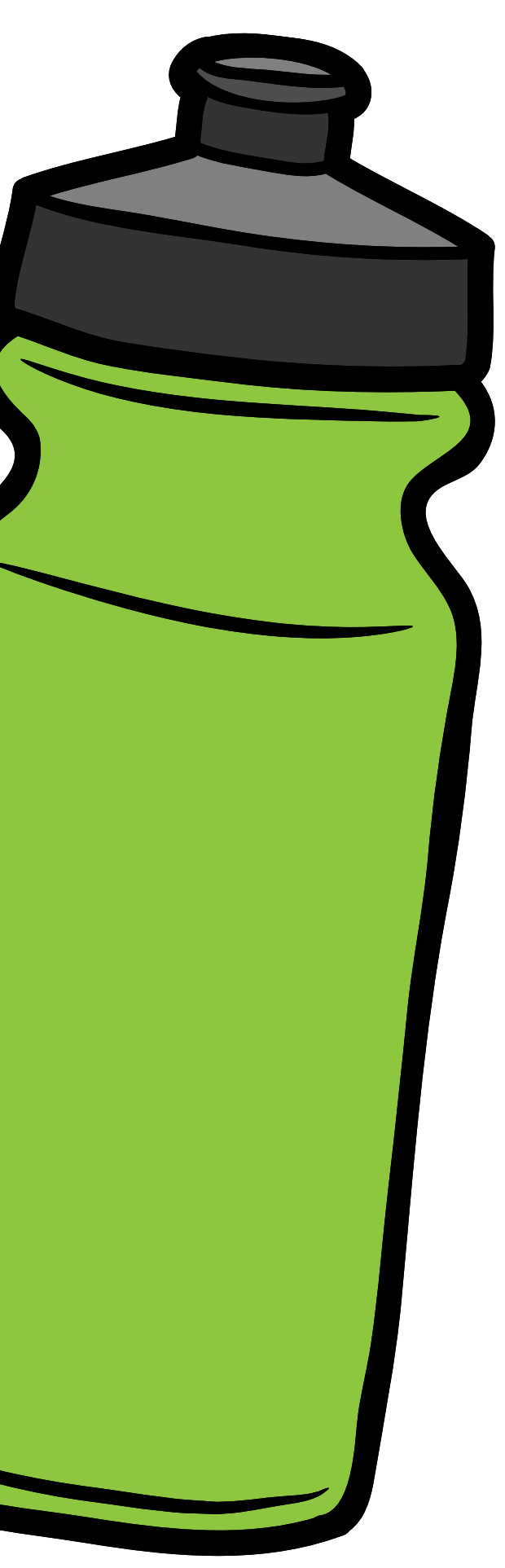
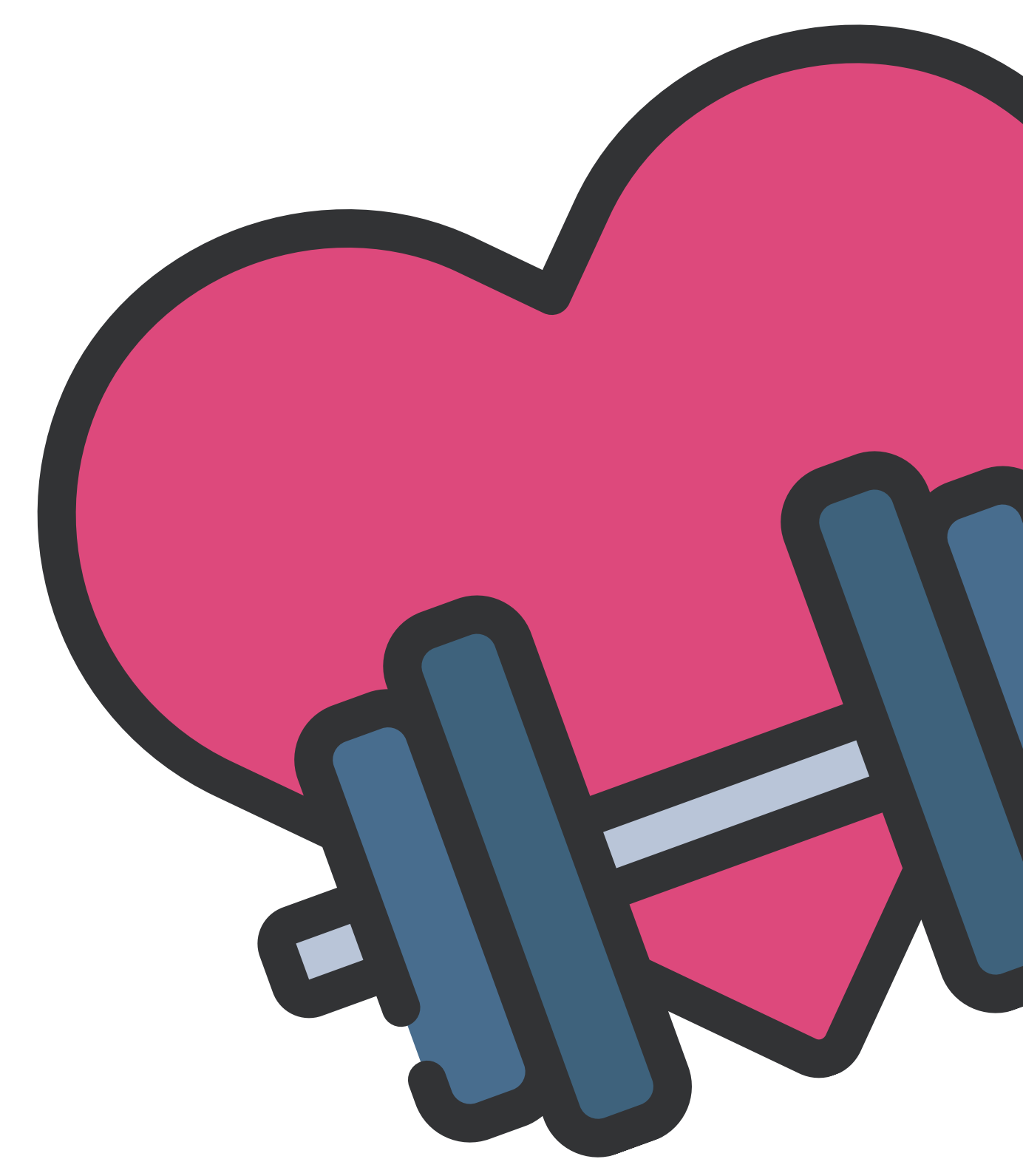




LauraLynn

IRELAND'S CHILDREN'S HOSPICE



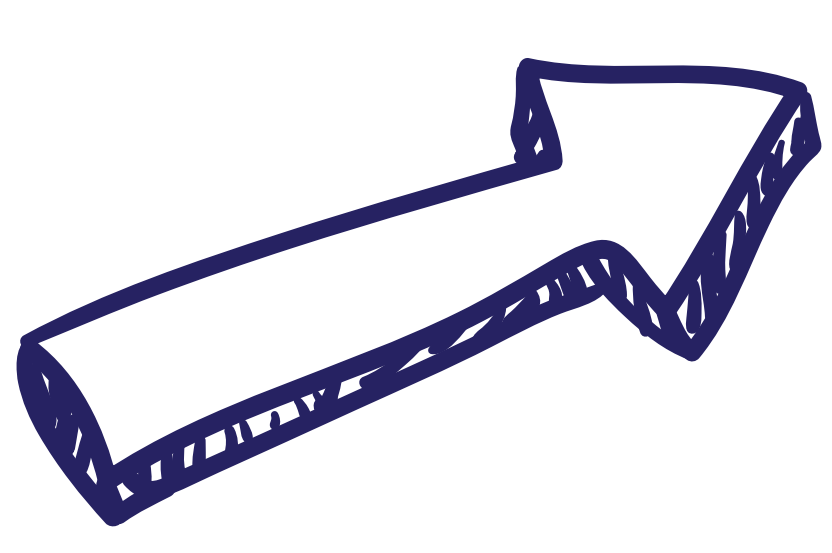
NOVEMBER PRESS UP CHALLENGE Challenge Tracker

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



TOTAL:

.....



Don't forget to post your progress on social media, tag us and use our hashtag! [#TEAMLALYNN](#)

