

# 1 MILLION AND

CHANGING LIVES TOGETHER



## NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY GOALS
1	2	3	4	5	6	7 Workout Party with GoldFish	Live the JEFF Life!
8	9	10	11	12	13	14 UK Launch Workout Party	
15	16	17	18	19	20	21 1 Million and 1 Run	
22	23	24	25	26	27	28	
29	30	1 MILLION AND 1 WEEK					
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