

# CHECKLIST

	Date	Task
<input type="checkbox"/>	Day 1	20 Seconds
<input type="checkbox"/>	Day 2	20 Seconds
<input type="checkbox"/>	Day 3	30 Seconds
<input type="checkbox"/>	Day 4	30 Seconds
<input type="checkbox"/>	Day 5	40 Seconds
<input type="checkbox"/>	Day 6	REST
<input type="checkbox"/>	Day 7	45 Seconds
<input type="checkbox"/>	Day 8	45 Seconds
<input type="checkbox"/>	Day 9	60 Seconds
<input type="checkbox"/>	Day 10	60 Seconds
<input type="checkbox"/>	Day 11	60 Seconds
<input type="checkbox"/>	Day 12	90 Seconds
<input type="checkbox"/>	Day 13	REST
<input type="checkbox"/>	Day 14	90 Seconds
<input type="checkbox"/>	Day 15	90 Seconds
<input type="checkbox"/>	Day 16	120 Seconds
<input type="checkbox"/>	Day 17	120 Seconds
<input type="checkbox"/>	Day 18	150 Seconds
<input type="checkbox"/>	Day 19	REST
<input type="checkbox"/>	Day 20	150 Seconds
<input type="checkbox"/>	Day 21	150 Seconds
<input type="checkbox"/>	Day 22	180 Seconds
<input type="checkbox"/>	Day 23	180 Seconds
<input type="checkbox"/>	Day 24	210 Seconds
<input type="checkbox"/>	Day 25	210 Seconds
<input type="checkbox"/>	Day 26	REST
<input type="checkbox"/>	Day 27	240 Seconds
<input type="checkbox"/>	Day 28	240 Seconds
<input type="checkbox"/>	Day 29	270 Seconds
<input type="checkbox"/>	Day 30	?