

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5AM Get Lifted	2	3 5AM Get Lifted	4	5 8AM Get Lifted
6	7 5AM Get Lifted	8	9	10	11 5AM Get Lifted	12 6AM Get Lifted
13	14 6AM Get Lifted	15 5AM Get Lifted	16	17 5AM Get Lifted	18	19 6AM Get Lifted
20	21 5AM Get Lifted	22	23 5AM Get Lifted	24 5AM Get Lifted	25 7AM Get Lifted	26
27	28 5AM Get Lifted	29	30 5AM Get Lifted	31 5AM Get Lifted		

“WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.” WILL DURANT