

DESCRIBE HOW YOU MOVE WHEN NO ONE IS WATCHING

# STEPTEMBER

DESCRIBE YOUR MOST MEMORABLE WALK. A TIME YOU MOVED  
FOR THE SHEER PLEASURE OF MOVEMENT



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# SCALE DFTA



**TAKING FLIGHT ONE STEP AT A TIME**

9/10      9/11      9/12      9/13      9/14

CHOOSE ONE THING THAT YOU WANT TO ACCOMPLISH WITHIN SEPTEMBER.

9/15      9/16      9/17      9/18      9/19

9/20      9/21      9/22      9/23      9/24

9/25      9/26      9/27      9/28      9/29

CREATE A MANTRA, A MOTIVATIONAL PHRASE THAT SPURS YOU INTO ACTION,  
THAT MOTIVATES YOU TO MOVE!

9/30      10/1      10/2      10/3      10/4

10/5      10/6      10/7      10/8

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