



**SUPERCARGE YOUR**  
MEMORY POWER

## **7 DAY CHALLENGE**

<b>DAY</b>	<b>DATE</b>	<b>SLEEP</b>	<b>EXERCISE</b>	<b>MIND LOG</b>	<b>TWO PHRASES</b>	<b>MEMORY CUES</b>
<b>1</b>						
<b>2</b>						
<b>3</b>						
<b>4</b>						
<b>5</b>						
<b>6</b>						
<b>7</b>						

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