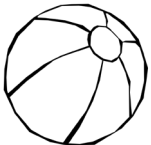


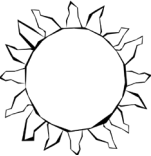









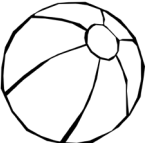
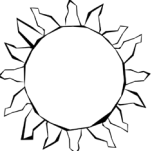

# MY Fizz Free JOURNEY

You can use this chart to track your Fizz Free journey. Colour in and decorate the boxes as you go and pretty soon you'll have a beautiful artwork to celebrate your success!

WEEK 1

1 	2 	3 	4 	5 	6 	7 
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WEEK 2

8 	9 	10 	11 	12 	13 	14 
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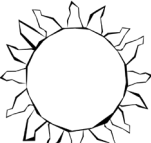

WEEK 3

15 	16 	17 	18 	19 	20 	21 
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WEEK 4

22 	23 	24 	25 	26 	27 	28 
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WEEK 5

29 	30 
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