

Just the Essentials Challenge

Directions:

1. Use the list below to log and track your daily tasks.
2. At the end of the day, review your log and determine which items on this list are actually “essential” by crossing out the non-essential items from your log.
3. Share with others what you discovered when you focused on Just the Essentials by posting a photo of your final list to the Just the Essentials community page on Ripple Street and to your social media channels using **#ArmAndHammerPack #Sponsored**

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Essentials