Just the Essentials Challenge

Directions:

1. Use the list below to log and track your daily tasks.

Essentíals

- 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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