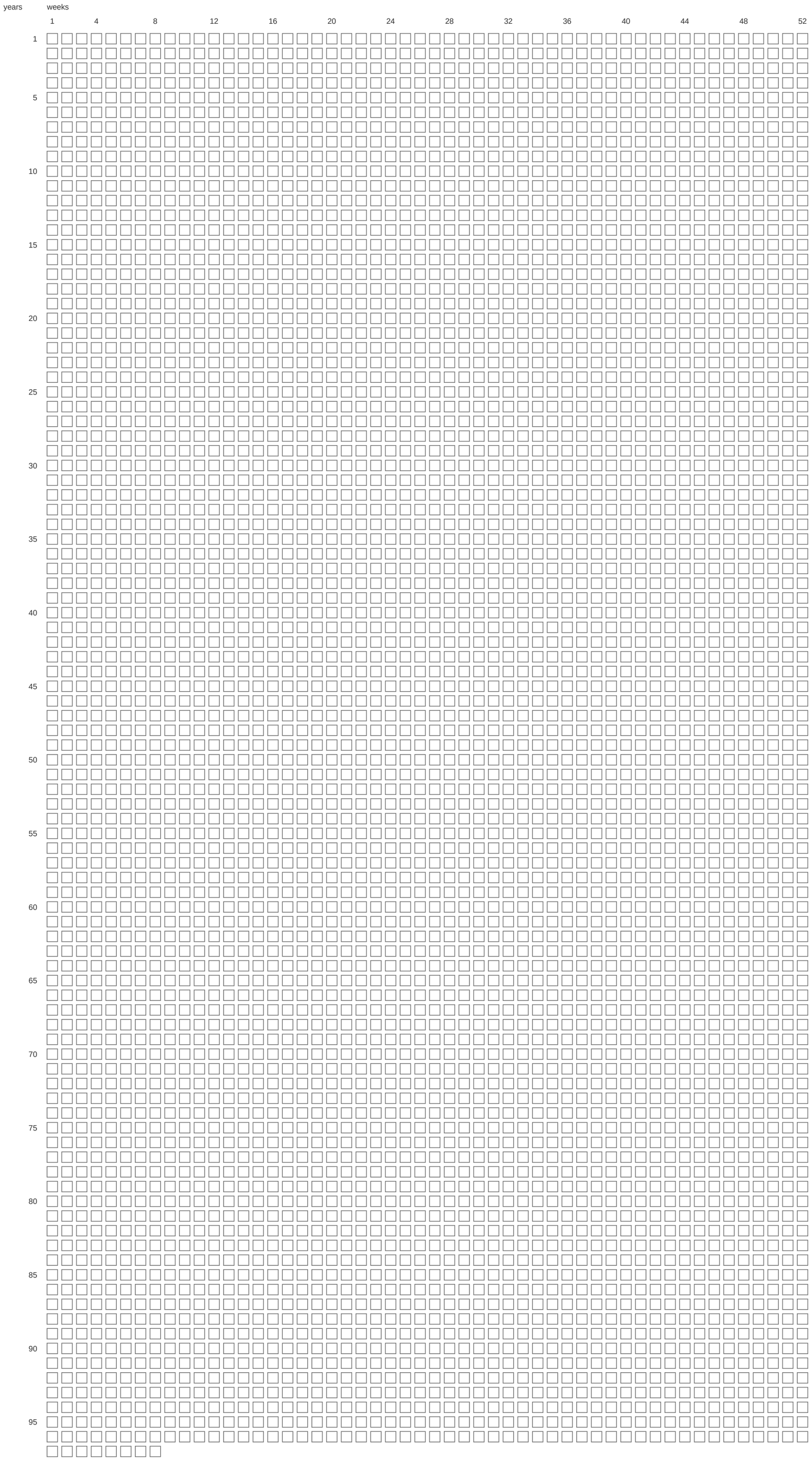
MY 5K WEEKS

One box = one week. 5,000 weeks, about 96 years. Fill one in each week.



5K WEEKS

For the electronic version, go to 5kweeks.life

Scan for the digital version