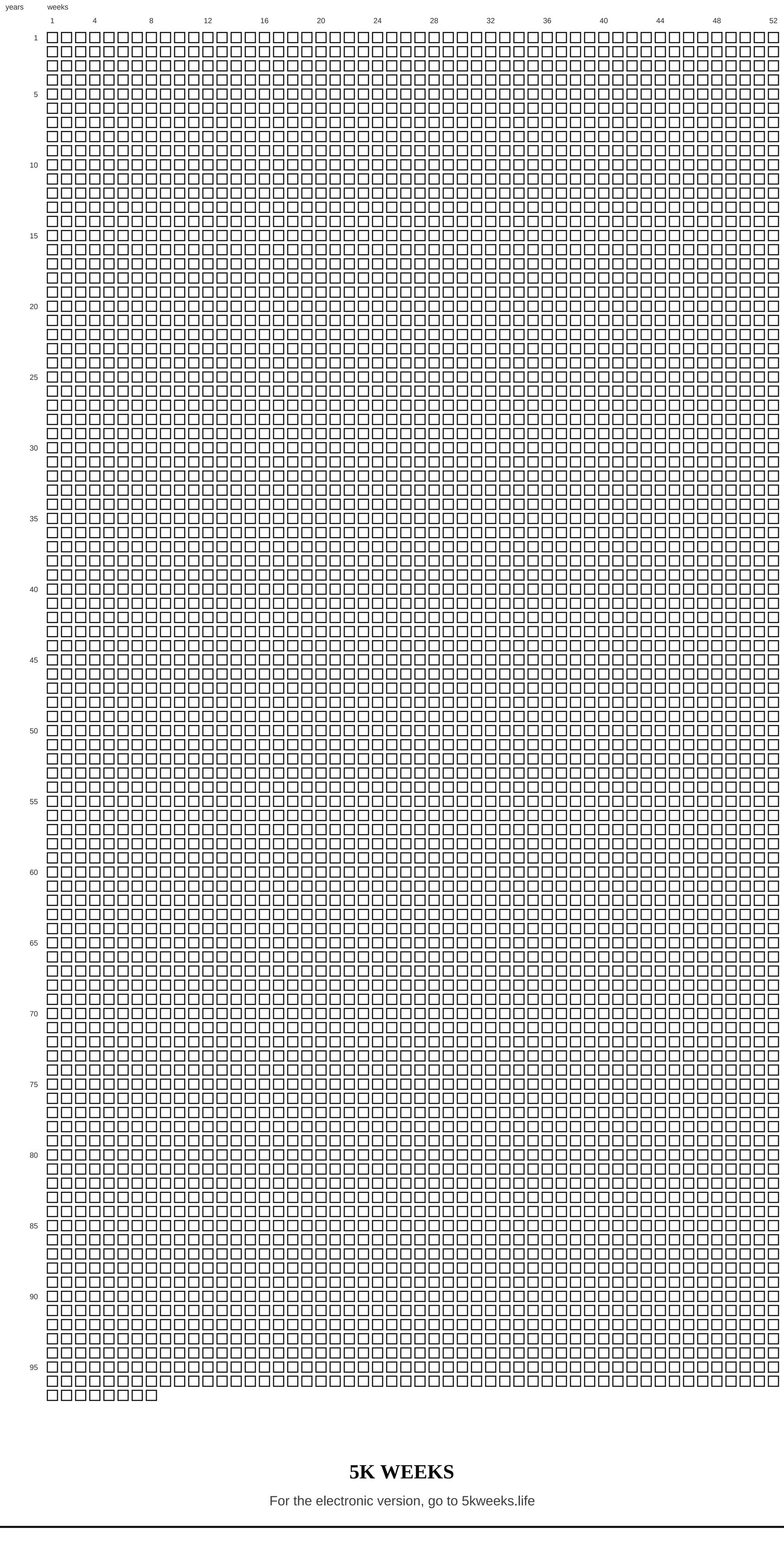
# MY 5K WEEKS

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