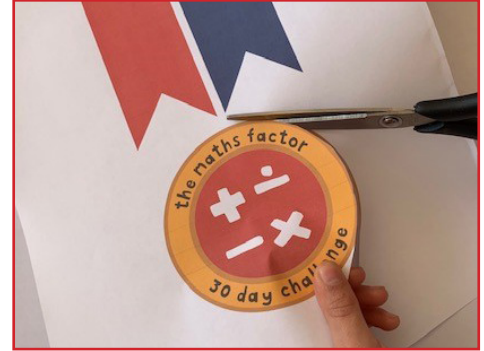


# The 30 Day Challenge Medal

## Step 1

Cut out the medal, ribbons and medal outer ring.



## Step 2

Start folding the medal outer strip making accordion folds all the way till the end.



## Step 3

Glue the two folded medal outer strips together.



## Step 4

Glue medal and ribbons.

