

WED 7.11.2018

- ☐ Meet with trevor
- ☐ Call brian
- ☐ Gratitude
- ☐ 32 oz water
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- ☐ Gratitude
- ☐ Gratitude
- ☐ Morning Prayer
- ☐ Night Prayer
- ☐ Exercise morning
- ☐ Abs workout
- ☐ Work on bed
- ☐ Deliverance