Maalaaf	,	,
Week of	/	/

		Sunday	Monday	Tuesday	Wenesday	Thursday	Friday	Saturday	Totals	*
Weight										
Flour	x day									
Water	x week									
Coffee	x day									
Squats	7 x week									
Walk/Hike										
Thighs	5 x week									
Stretch										
Weights	3 x week									
Stomach										
Butt										
Plank										
Hips										

Week of \_\_\_\_/\_\_\_/\_\_\_

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