

		X				
S	M	Т	W	Т	F	S

DATE: 06/ May/ 2025

DAY I'M GRATEFUL FOR:	
•	
•	
VATER INTAKE	TODAY'S AFFIRMATION
1 2 3 4 5 6 7 8 (Glass)	
100D	
ANGRY TIRED SAD HAPPY EXCITED	
IOTES/REMINDER:	FOR TOMORROW

DURATION INTENSITY EASY MODERATE HIGH **MEALS: BREAKFAST** LUNCH DINNER CHALLENGES: **OBSTACLES FACED** HOW I OVERCAME THEM

TYPE OF WORKOUT