

TODAY I'M GRATEFUL FOR:

DA1	ГЕ:	18/ Nov/ 2025				
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ATER INTAKE 2 3 4 5 6 7 8 (Glass)	TODAY'S AFFIRMATION
NGRY TIRED SAD HAPPY EXCITED	
OTES/REMINDER:	FOR TOMORROW

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

TYPE OF WORKOUT