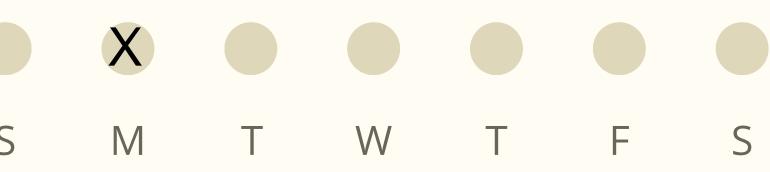


DATE:	29/ Dec/ 2025	



2.	
3.	
WATER INTAKE	TODAY'S AFFIRMATION
1 2 3 4 5 6 7 8 (Glass)	
MOOD	
ANGRY TIRED SAD HAPPY EXCITED	
NOTES/REMINDER:	FOR TOMORROW

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

TYPE OF WORKOUT