

DATE:		13/ Aug/ 2025				
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DAY I'M GRATEFUL FOR:	
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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