

DATE:	28/	Sep/	2025

X						
S	M	Т	W	Т	F	S

ODAY I'M GRATEFUL FOR:	
ATER INTAKE	TODAY'S AFFIRMATION
1 2 3 4 5 6 7 8 (Glass)	
IOOD	
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