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DATE: 15/ Jul / 2025

ODAY I'M GRATEFUL FOR:	
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VATER INTAKE	TODAY'S AFFIRMATION
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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