

| DATE: | 02/ De | ec/2025 |
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| ODAY I'M GRATEFUL FOR: | |
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| | |
| ATER INTAKE | TODAY'S AFFIRMATION |
| | |
| 2 3 4 5 6 7 8 (Glass) | |
| OOD | |
| | |
| NGRY TIRED SAD HAPPY EXCITED | |
| | |
| OTES/REMINDER: | FOR TOMORROW |
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DURATION INTENSITY EASY MODERATE HIGH **MEALS: BREAKFAST** LUNCH DINNER CHALLENGES: **OBSTACLES FACED** HOW I OVERCAME THEM

TYPE OF WORKOUT