

TODAY I'M GRATEFUL FOR:

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S	M	Т	W	Т	F	S

DATE: 03/ Jan / 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