

DATE:	19/ Sep/ 2025		
		X	

ODAY I'M GRATEFUL FOR:	
VATER 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