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DATE: 30/ Nov/ 2025

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DAY I'M GRATEFUL FOR:	
ATER INTAKE	TODAY'S AFFIRMATION
2 3 4 5 6 7 8 (Glass)	
OOD	
GRY TIRED SAD HAPPY EXCITED	
DTES/REMINDER:	FOR TOMORROW

DURATION INTENSITY EASY MODERATE HIGH **MEALS: BREAKFAST** LUNCH DINNER CHALLENGES: **OBSTACLES FACED** HOW I OVERCAME THEM

TYPE OF WORKOUT