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DATE: 29/ Jul / 2025

## TODAY I'M GRATEFUL FOR: 3. WATER INTAKE TODAY'S AFFIRMATION 6 7 8 (Glass) MOODNOTES/REMINDER: FOR TOMORROW

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

TYPE OF WORKOUT