

TODAY I'M GRATEFUL FOR:

DATE:		01/ Jun / 2025					
X							
S	M	Т	W	Т	F	S	

ATER INTAKE	TODAY'S AFFIRMATION		
2 3 4 5 6 7 8 (Glass)			
OOD			
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