

TODAY I'M GRATEFUL FOR:

DATE:		09/ Sep/ 2025				
		X				
C	Ν./Ι	т	\//	т	E	C

1	
2.	
3.	
WATER INTAKE	TODAY'S AFFIRMATION
\(\bigcap_{ \text{0}} \dots_{ \tex	
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