

TODAY I'M GRATEFUL FOR:

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DATE: 21/ Oct / 2025

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WATER INTAKE	TODAY'S AFFIRMATION
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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