

DATE:		08/ Aug/ 2025				
					X	

DAY I'M GRATEFUL FOR:	
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