



total h2o intake \_\_\_\_\_

Today's Date \_\_\_\_\_  
time spent on today's workout \_\_\_\_\_

Today's Workouts  
was it new?  
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My food Journal  
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Thoughts about today's workouts  
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Thoughts about today's workouts  
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My measurements=

chest= \_\_\_\_\_ waist= \_\_\_\_\_ hips= \_\_\_\_\_ butt= \_\_\_\_\_  
thighs= \_\_\_\_\_ arms= \_\_\_\_\_ = \_\_\_\_\_

date= \_\_\_\_\_

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