

DAY
1

DAY
2

DAY
3

DAY
4




DAY
5

DAY
6



DAY
7

WK
1




  




  



  




WK
2




  



  


  




  


  



  



WK
3



  




  




  




  




  




WK
4



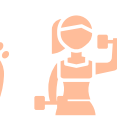
  



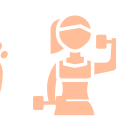
  




  




  




  




  




  


  

full body hit

DIARY SHEET

 WATER
AIM 3L PER DAY

 STEPS
10K + PER DAY

 ACTIVITY
5 PER WEEK

MY GOAL THIS MONTH:

*Good Luck
Mx*