

WEEKLY Workout

Week 1

WATER TRACKER
DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 2

WATER TRACKER

DRINK 1 GALLON OF WATER PER DAY

 = 1 GALLON



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 3

WATER TRACKER



DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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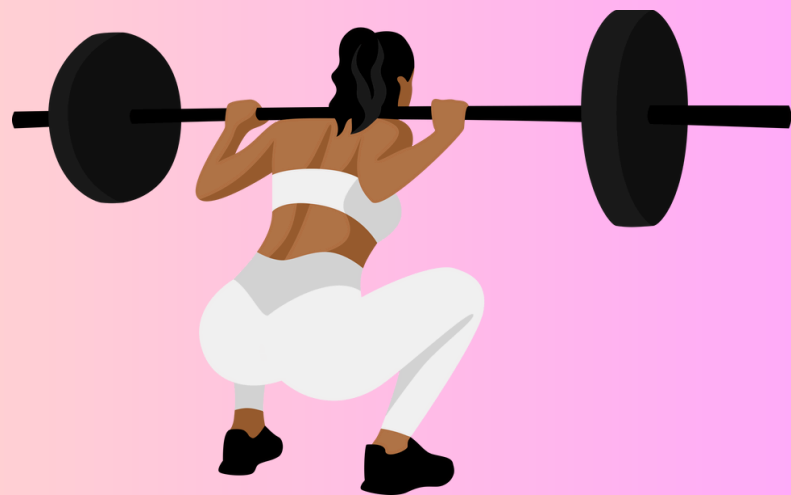
MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 4

WATER TRACKER



DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 5

WATER TRACKER



= 1 GALLON

DRINK 1 GALLON OF WATER PER DAY



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 6

WATER TRACKER



DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 7

WATER TRACKER



DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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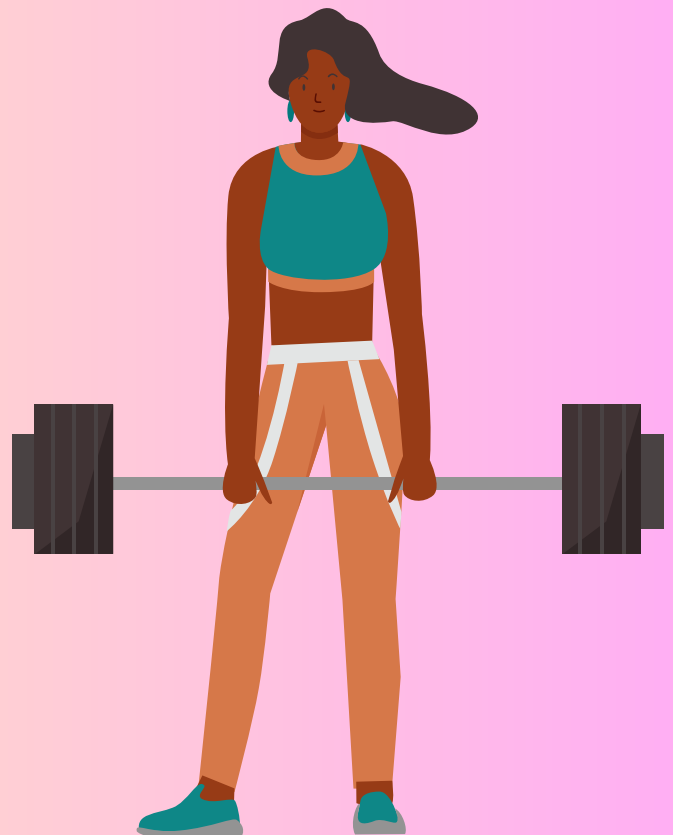
LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 8

WATER TRACKER



DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 9

WATER TRACKER

DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 10

WATER TRACKER



DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 11

WATER TRACKER

 = 1 GALLON
DRINK 1 GALLON OF WATER PER DAY



REMINDER

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LIST OF EXERCISES

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MOTIVATION

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FITNESS PROGRESS



WEEKLY Workout

Week 12

WATER TRACKER



DRINK 1 GALLON OF WATER PER DAY
= 1 GALLON



REMINDER

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LIST OF EXERCISES

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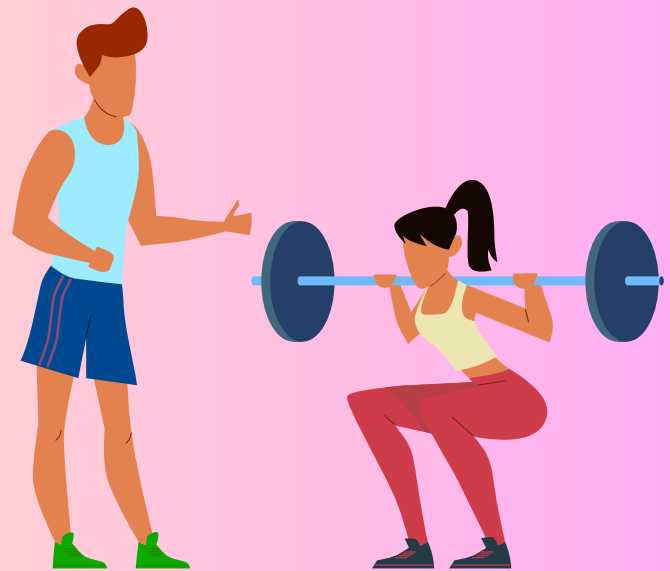
MOTIVATION

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FITNESS PROGRESS



MONTHLY MEAL PLAN

DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

MONTHLY MEAL PLAN

DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

MONTHLY MEAL PLAN

DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				