

DATE:

M T W T F S S

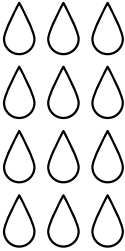


Daily Tracker

DAILY GOALS: _____

NUTRITION

Water



Breakfast

Lunch

Dinner

Snaks

Supplements

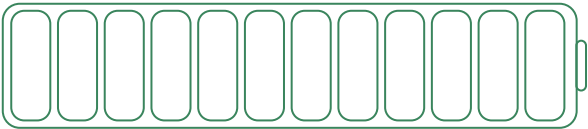
WORKOUT

ABOUT TODAY

#	Exercise type	Sets	Reps	Intensity	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					

MOOD AND ENERGY LEVELS





GRATITUDE
