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| --- | --- | --- |
| DAILY SCHEDULE |  | TO DO |
|  |  |  |  |  |  |
| 6:00 |  |  |  | ⬜ |  |
| 7:00 |  |  |  | ⬜ |  |
| 8:00 |  |  |  | ⬜ |  |
| 9:00 |  |  |  | ⬜ |  |
| 10:00 |  |  |  | ⬜ |  |
| 11:00 |  |  |  | ⬜ |  |
| 12:00 |  |  |  | ⬜ |  |
| 1:00 |  |  |  | ⬜ |  |
| 2:00 |  |  |  | ⬜ |  |
| 3:00 |  |  |  | ⬜ |  |
| 4:00 |  |  |  | ⬜ |  |
| 5:00 |  |  |  | ⬜ |  |
| 6:00 |  |  |  | ⬜ |  |
| 7:00 |  |  |  | ⬜ |  |
| 8:00 |  |  |  | ⬜ |  |
| 9:00 |  |  |  | ⬜ |  |

MEALS HYDRATION

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| BREAKFAST |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |
| SNACK/S |  |  |  |  |  |  |

 EXERCISE REFLECTION

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
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