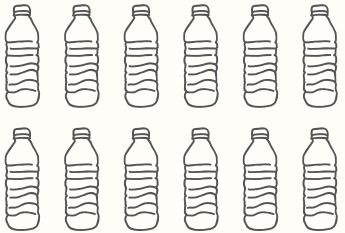




JOURNAL

Date:

3 Things I am Grateful for:

Breakfast	Lunch	Dinner
Snacks	Supplements	Water Intake
		

30 mins of Movement:

--