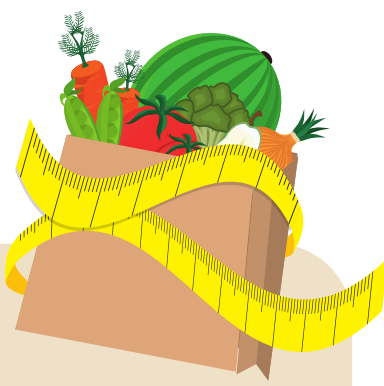


FOOD JOURNAL

Back to Basics



	Breakfast	Lunch	Dinner	Sleep	Exercise
MON					
TUES					
WED					
THUR					
FRI					
SAT					
SUN					

Weekly Goals

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-
-

What are your "Why's"?

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-
-

What are the barriers you face?

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-
-

Notes:

- Avoid snacking
- Drink water 64oz daily
- 30 min of "Me Time" daily

"Diligence is the mother of good luck" - Benjamin Franklin

