

75 MEDIUM CHALLENGE

START DATE				END DATE		
						
Follow a diet	Drink 3L of water	No alcohol / No cheat meal	45min exercise	5min pray / meditate	Read 10 non-fiction pages	Progress picture

							
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KarusPrintables

DDY MEASUREMENT

[illegible]

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graph LR
    A[ ] --> B[goal weight]
    style A fill:none,stroke:none
    
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after weight

nonprintables