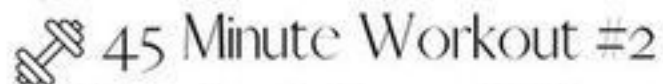


daily tracker

Read 10 Pages (non-fiction)



Follow a diet + No Alcohol



Drink 1 Gallon of Water

Progress Photo

