

5AM		TOP 3	
		☐	
6AM		☐	
7AM		☐	
8AM		NOTES	
		●	
9AM		●	
10AM		●	
		●	
11AM		●	
12PM		●	
		●	
1PM		●	
2PM		WATER EXERCISE	
		   	
3PM		   	
4PM			
5PM		B	
6PM		L	
7PM		D	
8PM			
9PM		S	

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		☐	
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8AM		NOTES	
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		●	
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