DAILY RULES (week 4)	22	23	24	25	26	27	28
-Follow a diet	0	0	0	0	0	0	0
6 ≥ 2 x 45 minute workouts (1 outside)	0	0	0	0	0	0	0
No alcohol OR cheat meals	0	0	0	0	0	0	0
Take a progress photo	0	0	0	0	0	0	0
♦ 4 litres of water	0	0	0	0	0	0	0
10 pages of reading	0	0	0	0	0	0	0
DAILY DITLES (weeks)	120	30	31	32	33	34	35
DAILY RULES (week 5)	29	30	31	32	33	34	35
Follow a diet	0	0	0	0	0	0	0
<u>6</u> 2 x45 minute workouts (1 outside)	0	0	0	0	0	0	0
No alcohol OR cheat meals	0	0	0	0	0	0	0
Take a progress photo	0	0	0	0	0	0	0
4 litres of water	0	0	0	0	0	0	0
10 pages of reading	0	0	0	0	0	0	0
DAILY RULES (week 6)	36	37	38	39	40	41	42
DAILY RULES (week 6) Prollow a diet	36 O	37 O	38 O	39 O	40 O	41	42 O
	1000000	37 O O	38 O O	39 O	40 O O	41 O O	315094-0
-Follow a diet	0	0	38 O O	0	40 O O	41 O O	0
Follow a diet 2 x45 minute workouts (1 outside)	0	0	0	0	40 O O O	41 O O O	0
Follow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals	0 0	0 0	0 0	0 0	40 0 0 0	41 O O O O	0 0
Follow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0	0 0 0
 Follow a diet ∠2 x45 minute workouts (1 outside) ○No alcohol OR cheat meals Take a progress photo ∠4 litres of water 10 pages of reading 	0 0 0 0 0	0 0 0 0	0 0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0 0	0 0 0 0 0
Follow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water 10 pages of reading DAILY RULES (week 7)	0 0 0 0	0 0 0	0 0 0	0 0 0	0 0 0 0 0	0 0 0	0 0 0 0
Follow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water 10 pages of reading DAILY RULES (week 7) Follow a diet	0 0 0 0 0	0 0 0 0 0	O O O O O O	0 0 0 0	0 0 0 0	0 0 0 0 0	0 0 0 0 0 49
Prollow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water 10 pages of reading DAILY RULES (week 7) Prollow a diet 2 x45 minute workouts (1 outside)	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0
PFollow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water 10 pages of reading DAILY RULES (week 7) PFollow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals	0 0 0 0 0	0 0 0 0 0	O O O O O O	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0 49
PFollow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water 10 pages of reading DAILY RULES (week 7) PFollow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo	0 0 0 0 0	0 0 0 0 0 0	O O O O O O	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0 0
Follow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water 10 pages of reading DAILY RULES (week 7) Follow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water	0 0 0 0 0	0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 46	0 0 0 0 0 0	0 0 0 0 0	0 0 0 0 0 49
PFollow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo 4 litres of water 10 pages of reading DAILY RULES (week 7) PFollow a diet 2 x45 minute workouts (1 outside) No alcohol OR cheat meals Take a progress photo	0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0