ABSolution		DAY	DAY DATE		Y #	_ TIME	TIME OUT OF BED _			HOURS SLEPT				
DIETARY GOAL	s			MY	FITNESS SCI	HEDULE				WORKOUT		GC	ALS	
DILIANI OUALS					CARDIO		am	pm						
FITNESS GOAL	S				WEIGHTS		am	pm						
GENERAL GOALS				ABS		am	pm							
TIME/TYPE `	▼ FOODS AND BEVERAGES CONSU	IMED			RATIOS	SUPPI	EME	NTS TA	KEN			TIME	WATER (ozs)	
				PREF	FERRED (40/40/20	)								
_				- (	P C									
am pm				'	T .									
COOKED					ACTUAL									
DINE OUT				- (	( )	_								
☐ MRP				`										
				PREF	FERRED (40/40/20	)								
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				FILL	ERRED (40/40/20									
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COOKED					ACTUAL									
☐ DINE OUT				(						TOPWS	OTAL WY	TED ( )		
☐ MRP					OTES					TODAY S T	UIAL WA	IEK (OZS)		
ABSOLUTE NUTRITION POSITIVE FOCUS														
Take Aim Nutritional Ab Building Habits														E
At the close of each day take some <mark>tim</mark> e to I consumed 6 healthy, balanced meals I reflect on the things you did right today, your I drank at least 10 tall glasses of water I drank at least 10 tall glasses of water														Ahee
progress. This will continue to fuel success I took the right supplements, on schedule — 🗆														2002 RoctAhe com
and promote further progress. I avoided snacking between meals — ☐ I'm energized by my commitment — ☐														
Score Your Day TOTAL:													Converient .	
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