JANUARY 2021 - NEW BEGINNINGS - DAILY PRACTICE

GOAL:	Plank Challenge	Water	Workout	Steps	Sleep Score	# Drinks	Diet	BM
1								
2								
3								
4								
5								
6								
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31								

Date	Weight	MEASUREMENTS						
		HIPS	WAIST	GUT	THIGHS	ARMS	BF %	BMI