

*Month / Year:*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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*Goal for the month:*

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Today is: \_\_\_\_\_

The most important thing for today is:

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My promise to myself today:

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Today we eat:

Breakfast

\_\_\_\_\_

Lunch

\_\_\_\_\_

Dinner

\_\_\_\_\_

Snack

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Clean This Today:

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Don't Forget This:

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Get plenty of fluids:



Get moving today!



Call / Email / Text:

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Clean This Today:

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Get moving today!



Call / Email / Text:

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Don't Forget This:

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Get moving today!



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Call / Email / Text:

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