Daily Health Tracking_______________

WK#	DATE RANGE	AM YOGA STRETCHING							WEIGHT TRAIN DUE							AM PERSONAL HYGIENE							BREAKFAST TEA/SPLMNTS.							JUICING CARROT/VEG.							JUICING FRUIT							JUICING GREEN							LUNCH VEGAN							DINNER VEGAN							BEER/WINE LESS THAN 3							BEDTIME ±9:00 PM						
		Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S	Sn	M	T	W	Th	F	S
	TOTALS	___/91				___%			___/45				___%			___/91				___%			___/91				___%			___/91				___%			___/91				___%			___/91				___%			___/91				___%			___/91				___%			___/91				___%			___/91				___%		

NOTES:

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