## Fitness and Nutrition Log

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Mon	Food		Water
	В		999
	D	_ S	
	Fitness		
	TIME: STEPS:	DISTANCE:	
	Food		Water
Tues	В	_ L	Water
	D	S	
	Fitness		
	EXCERCISE:		
	TIME: STEPS:	DISTANCE:	
	Food		Water
Wed	В	L	Water
	D		
	Fitness		
	EXCERCISE:		
		DISTANCE:	
		DISTANCE.	
Thur	Food	r	Water
	В		
	D	_ S	
	Fitness		
	EXCERCISE:		
	TIME: STEPS:	DISTANCE:	
Fri	Food		Water
	В		
	D	S	
	Fitness		
	EXCERCISE:		
	TIME: STEPS:	DISTANCE:	
Sat	Food		Water
	В	_ L	Water
	D	_ S	
	Fitness		
	EXCERCISE:		
	TIME: STEPS:	DISTANCE:	
Sun	Food		Water
	В	_ L	Water
	D	S	
	Fitness		
	EXCERCISE:		
	TIME: STEPS:	DISTANCE:	