






# FITNESS & NUTRITION



MONDAY	<b>Food</b> B _____ L _____ D _____ S _____	Water Intake 
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**Food**

B \_\_\_\_\_ L \_\_\_\_\_  
D \_\_\_\_\_ S \_\_\_\_\_

**Fitness**

Exercise \_\_\_\_\_  
Time \_\_\_\_\_ Steps \_\_\_\_\_ Distance \_\_\_\_\_

Water Intake



**Food**

B \_\_\_\_\_ L \_\_\_\_\_  
D \_\_\_\_\_ S \_\_\_\_\_

**Fitness**

Exercise \_\_\_\_\_  
Time \_\_\_\_\_ Steps \_\_\_\_\_ Distance \_\_\_\_\_

Water Intake



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