FITNESS & NUTRITION

MONDAY	Food B D Fitness Exercise Time St.	LSeps	Distance	Water Intake
MONDAY	Food B D Fitness Exercise Time St		Distance	Water Intake
MONDAY	Food B	LS		Water Intake
MONDAY	Food B D Fitness Exercise Time St	S		Water Intake
MONDAY	Food B D Fitness Exercise Time St			Water Intake
MONDAY	Food B D Fitness Exercise Time St			Water Intake
MONDAY	Food B D Fitness Exercise Time St		Distance	Water Intake