

Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

To-do

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Notes

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WORKOUT LOG

NAME: _____ GOALS: _____

EXERCISES	SETS	REPS	WT	REST	TIME	1RM	NOTES

DATE: _____ WEIGHT: _____ SLEEP: _____ CALORIES: _____

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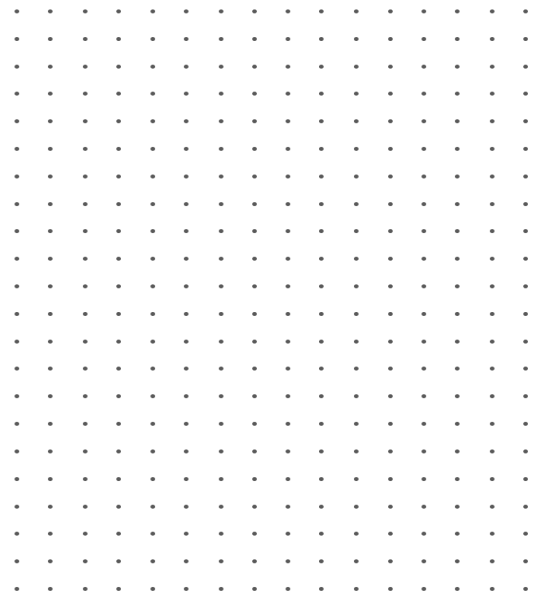
DATE: _____ WEIGHT: _____ SLEEP: _____ CALORIES: _____

Mood Tracker

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- AMAZING
- HAPPY
- NORMAL
- EXCITED
- STRESSED
- FOCUSED
- TIRED / EXHAUSTED
- DEPRESSED / SAD
- SICK
- LOW ENERGY
- NERVOUS/ ANXIOUS
- ANGRY
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Assign color to a specific mood and color the squares according to your mood



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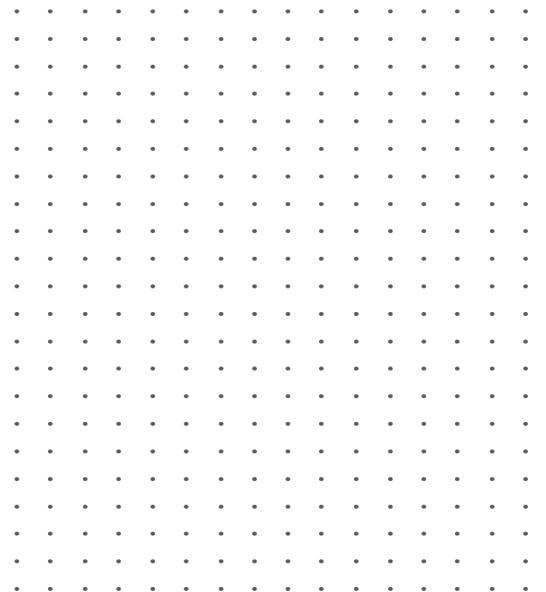
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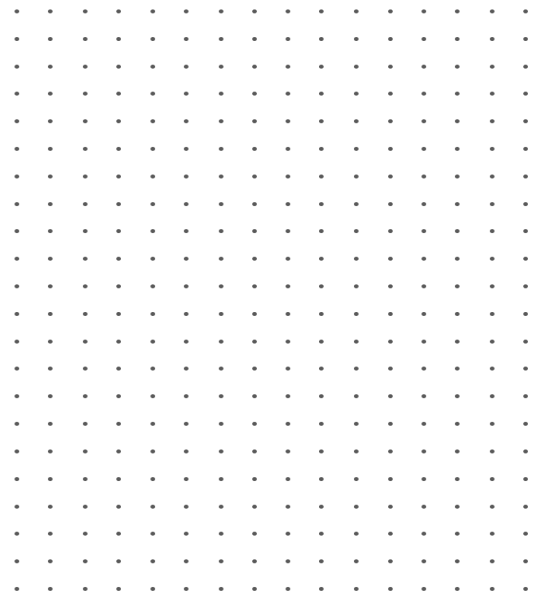
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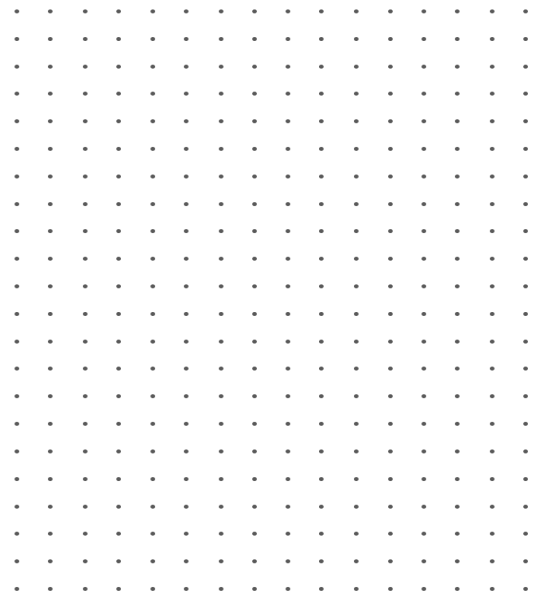
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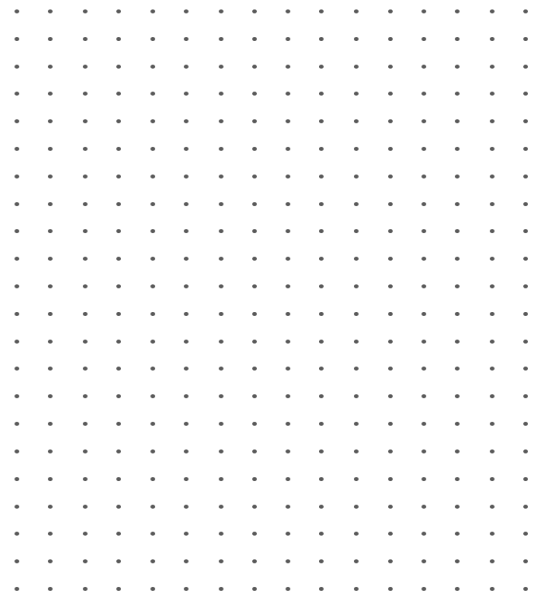
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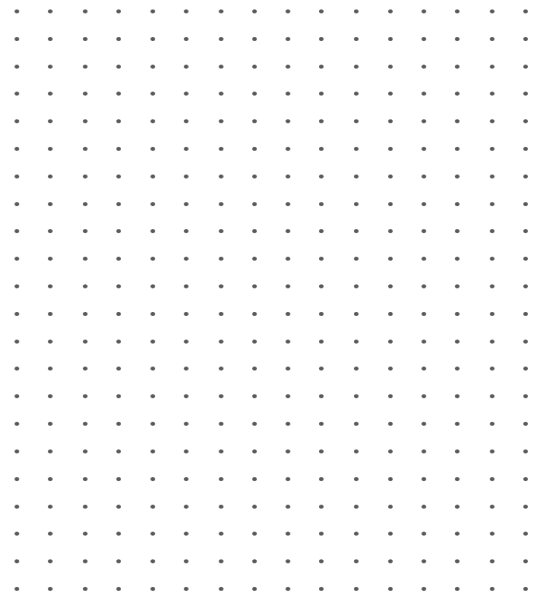
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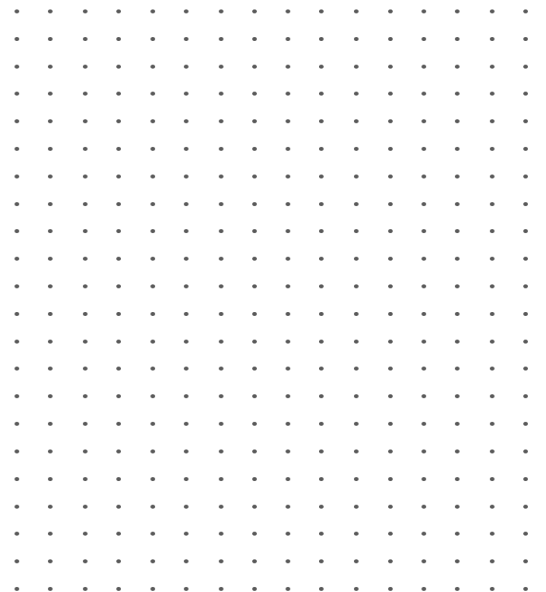
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