



DAILY HEALTH PLANNER






BREAKFAST

LUNCH

DINNER

SNACKS

WATER

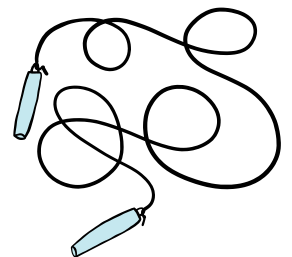
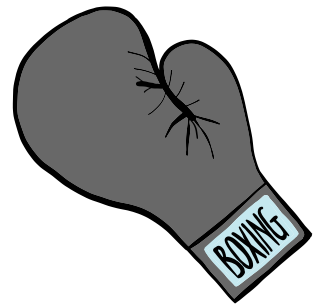
				
				
				
				
				

TOTAL CALORIE INTAKE:

TODAY'S WORKOUT:

NOTES:

GOALS:





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