

# Daily Journal

Date: \_\_\_\_\_

## Daily Nutrition:

AM/PM	Meal 1
AM/PM	Meal 2
AM/PM	Meal 3
AM/PM	Meal 4
AM/PM	Meal 5
AM/PM	Meal 6

Daily Workout: \_\_\_\_\_

Thoughts for the day: \_\_\_\_\_

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