

Date	Water	Vitamins	30 Min Cardio	6 Veggies	Sleep	Daily Total
25-Nov						
26-Nov						
27-Nov						
28-Nov						
29-Nov						
30-Nov						
1-Dec						
2-Dec						
3-Dec						
4-Dec						
5-Dec						
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11-Dec						
12-Dec						
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22-Dec						
23-Dec						
24-Dec						
25-Dec						
26-Dec						
27-Dec						
28-Dec						
29-Dec						
30-Dec						
31-Dec						
1-Jan						
2-Jan						
3-Jan						
Totals						