

# 8 GLASSES A DAY CHART

*People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily. ~Zig Zglar*



DAY OF THE WEEK

1 2 3 4 5 6 7 8

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# WHAT AM I EATING TODAY

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# MY EXERCISING ROUTINE CHART



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# MY RUNNING ROUTINE CHART

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