

Daily exercise planner

DATE: _____

MY DAILY GOAL

EXERCISE PLAN:

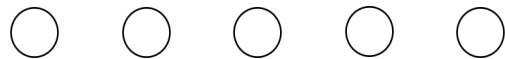
DONE?

_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
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WATER INTAKE

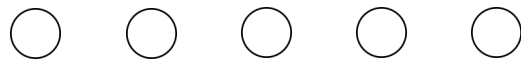


EXERCISE INTENSITY



NOTES:

EXERCISE RATING



MY GOAL FOR TOMORROW:
