

Daily To-Do List

DATE:

IMPORTANT TASKS











HEALTHY EATING

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EXERCISE



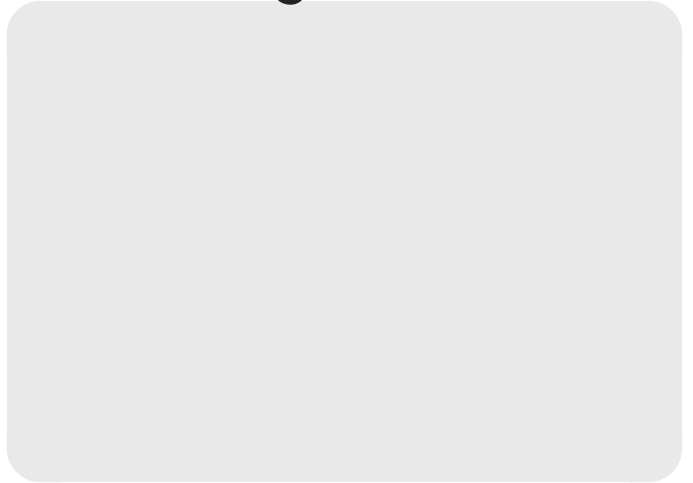




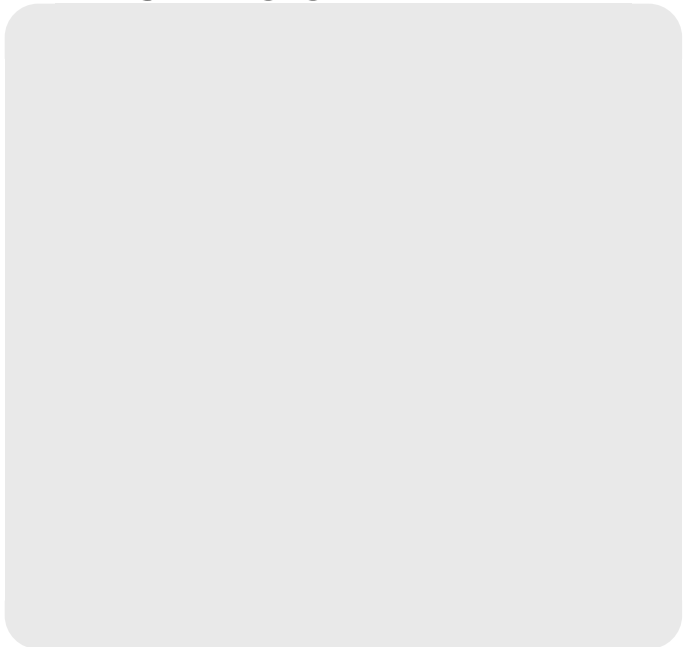
CLOSER TO YOUR GOAL



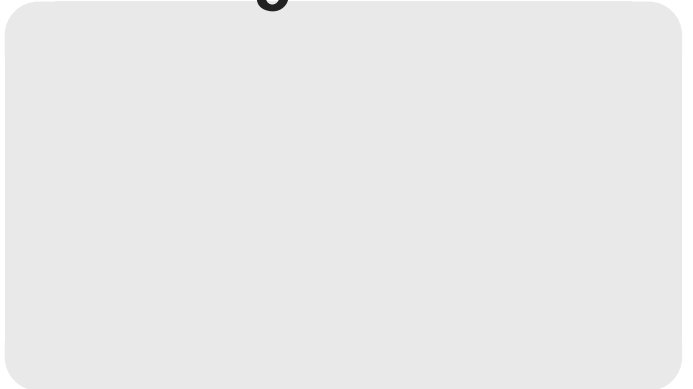
Morning



Afternoon



Evening



WATER 

