


























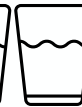

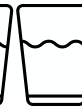













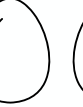
































































































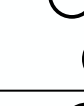











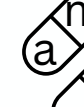




















# Weekly Tracker



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WEEK OF: \_\_\_\_\_

	FLUIDS	PROTEIN	VITAMINS	ACTIVITY	
MON	   	 	 	  	 = ___ OUNCES
	   	 	 	  	 = ___ GRAMS
TUE	   	 	 	  	 = ___ OUNCES
	   	 	 	  	 = ___ GRAMS
WED	   	 	 	  	 = ___ OUNCES
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THU	   	 	 	  	 = ___ OUNCES
	   	 	 	  	 = ___ GRAMS
FRI	   	 	 	  	 = ___ OUNCES
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SAT	   	 	 	  	 = ___ OUNCES
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SUN	   	 	 	  	 = ___ OUNCES
	   	 	 	  	 = ___ GRAMS
					 = ___ MINUTES












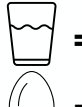













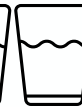
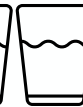
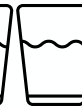







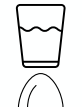























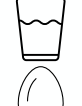





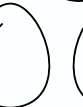

















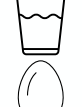





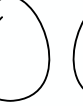

















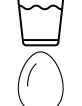























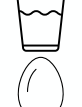

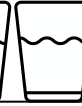
















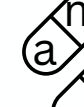




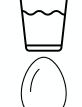

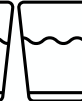













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