

LIVE HEALTHY

Everyday

UNSTOPPABLE

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I believe

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LIVE HEALTHY

Everyday

GOALS

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Triggers

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MY MEDICATIONS

Allergies:

| NAME | REASON | DOSE | TIME OF DAY |
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MY MEDICAL HISTORY

PAST SURGERIES

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Past Illness or Chronic Disease

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MAKE TODAY AWESOME!

TODAY IS:

ENERGY LEVEL:     

TODAY'S MEALS

Tomorrow's Plan ...

DRINK UP!



EXERCISE/ACTIVITY

MOOD, BP, WEIGHT

You don't have to be perfect to be making progress.

New balance is coming to my body.

My body is strong, peaceful, healthy, and happy.

I love my buttocks.

Developing healthy habits becomes easier everyday.

I eat lean, clean, fresh and green.

My body burns fat like a furnace.

I drink lots of water.

I choose energetic healthy foods.

I am healthy, focused, and determined.

I am releasing negativity and holding joy in my heart.

I believe in the person I am becoming.

I am feeling healthy and strong today.