Week #:	Date:	Today's Workout:
Treek III	My Weight:	
Shaun T Motivator:		Transformers: 1) 2) 3)
		Last week: 1) 2) 3)
Daily Gratitude:		Daily Affirmations:
		-
What I'm Eating Toda	ay:	Container Count:
	-	
Meal 2:		
Meal 3:		tsp
Meal 4:		
Week #:	Date: My Weight:	
Shaun T Motivator:		Transformers: 1) 2) 3)
		Last week: 1) 2) 3)
Daily Gratitude:		Daily Affirmations:
What I'm Eating Toda	•	Container Count:
Meal 1:		
Meal 2:		
Meal 3:		tsp
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Mode		

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My Weight:						
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Daily Gratitude:		Daily Affirmations:				
	oday:					
Meal 2: Meal 3: Meal 4:			tsp			
Weekly Check-In						
How am I feeling?						
What are my non-s	scale victories?					
Am I taking time fo	or self-care?					
Are my meals prepped and ready for next week?						