

**Week #:**

Date: \_\_\_\_\_  
My Weight: \_\_\_\_\_

Today's Workout: \_\_\_\_\_  
Bonus Workout: \_\_\_\_\_

**Shaun T Motivator:**

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Transformers: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_  
Last week: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

**Daily Gratitude:**

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**Daily Affirmations:**

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**What I'm Eating Today:**

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**Container Count:**

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**Weekly Check-In**

How am I feeling?

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What are my non-scale victories?

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Am I taking time for self-care?

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Are my meals prepped and ready for next week?

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