

| | Week: | | | | | | | | Week: | | | | | | |
|-----------------|---------|-----|-----|-----|-----|-----|-----|-----|---------|-----|-----|-----|-----|-----|------|
| | Weight: | | | | | | | | Weight: | | | | | | |
| | | | | | | | | | | | | | | | |
| Phase | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun | 80%? |
| N1: 3L Water | | | | | | | | | | | | | | | |
| N2: Breakfast | | | | | | | | | | | | | | | |
| N3: Eat 3-4 hrs | | | | | | | | | | | | | | | |
| N4: Portions | | | | | | | | | | | | | | | |
| N5: Veggies | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| 10,000 steps | | | | | | | | | | | | | | | |
| Workouts | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| Celly Countdown | | 5 | 4 | 3 | 2 | 1 | | 5 | 4 | 3 | 2 | 1 | | | |
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| Notes: | | | | | | | | | | | | | | | |
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REALITY FITNESS NUTRITION AND WORKOUT TRACKER