Work Day Checklist

Goal:	Breakf	ast Lur	ich D	inner	Snacks
Water Tracker: BEFORE WORK	Mon	Tues	\^/od	170, 116	c Liei
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WORKDAY					
EVENING:					

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Water Tracker:					
BEFORE WORK	Mon	Tues	M	ed Thui	rs Fri
WORKDAY 					
EVENING:					

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