|  |  |  |  |  |  |  |  |  |
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| **Week #1** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #2** | 8 | 9 | 10 | 11 | 12 | 13 | 14 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #3** | 15 | 16 | 17 | 18 | 19 | 20 | 21 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #4** | 22 | 23 | 24 | 25 | 26 | 27 | 28 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #5** | 29 | 30 | 31 | 32 | 33 | 34 | 35 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #6** | 36 | 36 | 38 | 39 | 40 | 41 | 42 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #7** | 43 | 44 | 45 | 46 | 47 | 48 | 49 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #8** | 50 | 51 | 52 | 53 | 54 | 55 | 56 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #9** | 57 | 58 | 59 | 60 | 61 | 62 | 63 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #10** | 64 | 65 | 66 | 67 | 68 | 69 | 70 |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

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| **Week #11** | 71 | 72 | 73 | 74 | 75 |  |  |  |
|  |  |  |  |  |  |  |  |  |
| Follow Your Diet |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Outside) |  |  |  |  |  |  |  |  |
| 45 Minute Workout (Anywhere) |  |  |  |  |  |  |  |  |
| Drink 1 Gallon Water |  |  |  |  |  |  |  |  |
| 10 Minutes Reading |  |  |  |  |  |  |  |  |
| Progress Picture |  |  |  |  |  |  |  |  |
| Custom Goal |  |  |  |  |  |  |  |  |

Great Job!!!