



## Diet and Exercise

# JOURNAL



### Breakfast

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Calories

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### Lunch

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Calories

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### Dinner

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Calories

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### Healthy Essentials

Glasses of Water

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Healthy Oils, Nuts, and Seeds

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Fruits and Vegetables

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Milk and Dairy Product

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Vitamin

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### Activity

Time

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Distance

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Sets

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Reps

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Weight

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