Week	М	Т	W	н	F	S	S
Steps							
Exercise4							
Water(32)							
Healthies							
Scriptures							
Prayers							
FHE							
Temple							
Weight							
Measure	Waist	Chest	Belly	Butt	Bicep	Thigh	

Week	М	Т	W	Н	F	S	
Steps							
Exercise4							
Water(32)							
Healthies							
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Prayers							
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Weight							
Measure	Waist	Chest	Belly	Butt	Bicep	Thigh	

Week	М	т	W	Н	F	S	S
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Week	М	Т	W	Н	F	S	S
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Water(32)							
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