

12 DAYS



MY NUTRITION AND EXERCISE CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Nutrition:</u></p> <p><u>Exercise:</u></p> <p><u>Focal point:</u></p>	<p><u>Nutrition:</u></p> <p><u>Exercise:</u></p> <p><u>Focal point:</u></p>	<p><u>Nutrition:</u></p> <p><u>Exercise:</u></p> <p><u>Focal point:</u></p>	<p><u>Nutrition:</u></p> <p><u>Exercise:</u></p> <p><u>Focal point:</u></p>	<p><u>Nutrition:</u></p> <p><u>Exercise:</u></p> <p><u>Focal point:</u></p>