

# FITNESS IN 30 DAYS FAT LOSS AND MUSCLE GAIN

<b><u>DAY 01</u></b>  I exercised today!	<b><u>DAY 02</u></b>  I exercised today!	<b><u>DAY 03</u></b>  I exercised today!	<b><u>DAY 04</u></b>  I exercised today!	<b><u>DAY 05</u></b>  I exercised today!
<b><u>DAY 06</u></b>  I exercised today!	<b><u>DAY 07</u></b>  I exercised today!	<b><u>DAY 08</u></b>  I exercised today!	<b><u>DAY 09</u></b>  I exercised today!	<b><u>DAY 10</u></b>  I exercised today!
<b><u>DAY 11</u></b>  I exercised today!	<b><u>DAY 12</u></b>  I exercised today!	<b><u>DAY 13</u></b>  I exercised today!	<b><u>DAY 14</u></b>  I exercised today!	<b><u>DAY 15</u></b>  I exercised today!
<b><u>DAY 16</u></b>  I exercised today!	<b><u>DAY 17</u></b>  I exercised today!	<b><u>DAY 18</u></b>  I exercised today!	<b><u>DAY 19</u></b>  I exercised today!	<b><u>DAY 20</u></b>  I exercised today!
<b><u>DAY 21</u></b>  I exercised today!	<b><u>DAY 22</u></b>  I exercised today!	<b><u>DAY 23</u></b>  I exercised today!	<b><u>DAY 24</u></b>  I exercised today!	<b><u>DAY 25</u></b>  I exercised today!
<b><u>DAY 26</u></b>  I exercised today!	<b><u>DAY 27</u></b>  I exercised today!	<b><u>DAY 28</u></b>  I exercised today!	<b><u>DAY 29</u></b>  I exercised today!	<b><u>DAY 30</u></b>  I exercised today!