
FITNESS IN 30 DAYS

FAT LOSS AND MUSCLE GAIN

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