KRⁱSER'S

EVEN US HUMANS COULD USE A LITTLE TRAINING.

Track your progress to help make these healthy habits part of your routine.

	WALK IT OUT	BRUSH THOSE PEARLY WHITES	DON'T FORGET THE SUPPLEMENTS	GAME ON, IT'S PLAYTIME	LET'S FIX THAT HAIR	WHO NEEDS A MASSAGE?	MIX UP THE MENU	WORK ON THOSE MANNERS	YOUR IDEA:
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									