#yourfreshstart



DATE	BREAKFAST
MTWTFSS	
33 DAILY AFFIRMATION	
	LUNCH
	DINNER
GLASSES OF WATER	
$\bigcirc \bigcirc $	
CUPS OF HERBAL TEA	
	SNACKS
MEDITATION SLEEP	
(`. :) (`. :)	
	HOW DO I FEEL TODAY?
MY WORKOUT	
# OF STEPS	