

# STRONGER THAN YESTERDAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
You did it!	Amazing Job	Awesome	Dreamed It Did It	Getting Stronger	Atta Girl	Rest
WooHoo!	Happy Dance	You Amaze Me	Lookin' Good	One Day Closer	Ta Done!	Rest
Believe	Achieve	Check!	Hello Beautiful	You are Strong	You are worth it.	Rest
Train insane or remain the same	Sweat is your fat cells crying	It's Worth It	Pain is just weakness leaving the body	Something wonderful is about to happen	Look how far you've come!	Rest

## Cups of H2O

- 1     5
- 2     6
- 3     7
- 4     8

## Vitamins

- Breakfast
- Lunch
- Bedtime

## Produce

- 1     6
- 2     7
- 3     8
- 4     9
- 5     10

## Protein

- 1     4
- 2     5
- 3     6