

# WWL

## *WARRIOR LIFESTYLE*

# JOURNAL

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MONTH 1

Use your Warrior Journal to record your current body measurements and track your progress both physically and mentally. Remember fitness starts in your mind, so pay attention to your thoughts and triggers (situations or events that causes you to over eat). Choose to make this transformation as positive as possible. Love yourself, respect yourself and accept that this is a process that will take time.

"It's Okay To Love You Now!"

Track Your Progress Below





# Record Your Progress

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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## Record Your Progress

Day 8

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Day 9

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Day 10

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Day 11

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Day 12

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Day 13

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Day 14

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## Record Your Progress

Day 15

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Day 16

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Day 17

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Day 18

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Day 19

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Day 20

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Day 21

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## Record Your Progress

Day 22

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Day 23

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Day 24

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Day 25

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Day 26

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Day 27

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Day 28

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**YOU DID IT!**

**YOU HAVE COMPLETED YOUR JOURNAL FOR**

**MONTH 1**

