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Daily Prayer:
 Father, may this be a tool to help me find success
 and not a measurement to define my worth.

Dates:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sleep (hrs)							
Water (oz)							
Spiritual / Reflection Time (yes/no, what)							
Exercise (what & how long)							
Cravings (times, situations)							
Additional Notes: (self image, confidence, hormones, stress level)							

Please note next page for explanations and example.