

A CONTRACT OF A CONTRACT.					
TRA	CKE	RS		JOURNAL	
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EXERCISE MINUTES 0 10 20			<b>X X</b> 50 70	<b>K K</b> 80 90	
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ITEM	CALORIES	PROTEIN (g)	CARBS (g)	FAT (g)	
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SNACKS			TIME		
ITEM		PROTEIN (g)	CARBS (g)	FAT (g)	
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	DATE	AFFIRMATION	APPOINTMENT SCHEDULE
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