



Do It Diary - Lesson I Belty Flankens

Day 1

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes: \_\_\_\_\_

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Day 2

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes: \_\_\_\_\_

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Day 3

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes: \_\_\_\_\_

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Day 4

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes: \_\_\_\_\_

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Day 5

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes: \_\_\_\_\_

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Day 6

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes:\_\_\_\_\_

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Day 7

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes:\_\_\_\_\_

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Day 8

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes:\_\_\_\_\_

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Day 9

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes:\_\_\_\_\_

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Day 10

Minutes I did this excercise\_\_\_\_\_

Repititions\_\_\_\_\_

Problems/Frsutrations/Successes:\_\_\_\_\_

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