



Do IT! DIARY
Tongue Teasers

Day 1

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 2

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 3

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 4

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____

Day 5

Minutes I did this exercise_____

Repetitions_____

Problems/Frsutrations/Successes: _____



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Tongue Teasers

Day 6

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 7

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 8

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 9

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

Day 10

Minutes I did this exercise _____

Repetitions _____

Problems/Frustrations/Successes: _____

