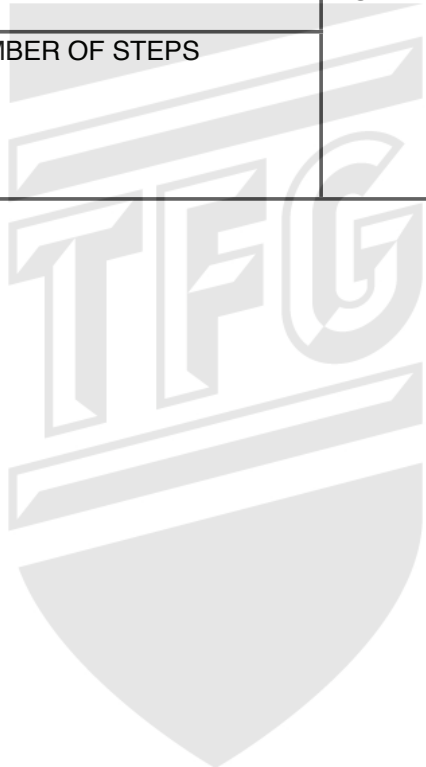


The Fitness Guru Daily Journal

DAY AND DATE	WEIGHT	GLASSES OF WATER	FOOD
HOURS OF SLEEP	NUMBER OF STEPS		BREAKFAST
FITNESS AND EXERCISE			SNACK
			LUNCH
			SNACK
			DINNER
THOUGHTS AND FEELINGS			SNACK
GOAL FOR TOMORROW			



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