

66 DAY TRACKER

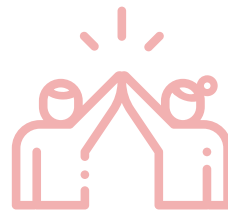
TO MASTERY

DAY 1

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 2

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water



**YOU CAN
DO IT!**

**SUCCESS IS STEADY PROGRESS
TOWARD ONE'S PERSONAL GOALS**

*Keep track of your progress, print out
or save on your phone/tablet/desktop,
fill in & save or take note in your diary.*

DAY 3

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 4

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 5

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 6

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 7

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 8

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 9

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 10

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 11

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 12

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 13

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 14

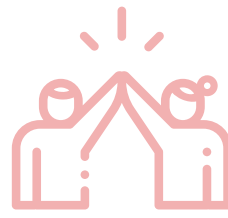
Gratitude 5
Take 10
Journal
Mindset Map
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Exercise Tracker
Water

DAY 15

Gratitude 5
Take 10
Journal
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Food Diary
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DAY 16

Gratitude 5
Take 10
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DAY 17

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DAY 18

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 19

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 20

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 21

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 22

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 23

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 24

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 25

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 26

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 27

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 28

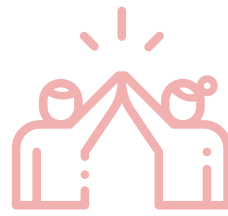
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DAY 29

Gratitude 5
Take 10
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DAY 30

Gratitude 5
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DAY 31

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DAY 32

Gratitude 5
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Mindset Map
Food Diary
Meal Prep
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DAY 33

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
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DAY 34

Gratitude 5
Take 10
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Mindset Map
Food Diary
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Exercise Tracker
Water

DAY 35

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 36

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 37

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 38

Gratitude 5
Take 10
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Food Diary
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DAY 39

Gratitude 5
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Mindset Map
Food Diary
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Exercise Tracker
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DAY 40

Gratitude 5
Take 10
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Food Diary
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DAY 41

Gratitude 5
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Water

DAY 42

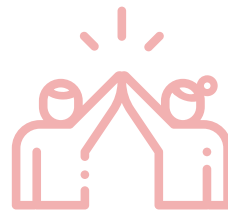
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DAY 43

Gratitude 5
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Food Diary
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DAY 44

Gratitude 5
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DAY 45

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DAY 46

Gratitude 5
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Food Diary
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DAY 47

Gratitude 5
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DAY 48

Gratitude 5
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Food Diary
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DAY 49

Gratitude 5
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 50

Gratitude 5
Take 10
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Food Diary
Meal Prep
Exercise Tracker
Water

DAY 51

Gratitude 5
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Mindset Map
Food Diary
Meal Prep
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DAY 52

Gratitude 5
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Food Diary
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DAY 53

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
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DAY 54

Gratitude 5
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Food Diary
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DAY 55

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DAY 56

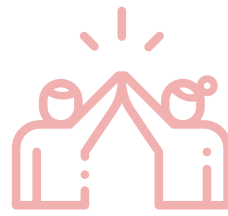
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DAY 57

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DAY 58

Gratitude 5
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DAY 59

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DAY 60

Gratitude 5
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
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DAY 61

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
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DAY 62

Gratitude 5
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
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DAY 63

Gratitude 5
Take 10
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Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 64

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 65

Gratitude 5
Take 10
Journal
Mindset Map
Food Diary
Meal Prep
Exercise Tracker
Water

DAY 66

Gratitude 5
Take 10
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Water

CONGRATULATIONS!

YOU HAVE MASTERED YOUR MINDSET AND FITNESS GOALS

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66 DAYS TO MASTERY MASTERMIND

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