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MONDAY:

1. Daily inspirational quote

Name:

SELF-REFLECTION DIARY

Plan to motivate your body to look great!

2. Inspirational photo

1. How I see my body

2. How I feel about my body

3. What would my body say if it could talk....

4. How I behave as a result of how I see, feel and think about my body

5. Daily tips to look and feel great