

AFTER

Date _____

Neck _____

Biceps _____

Bust _____

Chest _____

Waist _____

Hips _____

Thighs _____

Calf _____

Weight _____

AFTER

Discussion

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Chemical

Discussion

ICM

Figure 1

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
WEEK								
BIGGEST								
SMALLEST								
CHIEFEST								
WALDEST								
WEEKS								
THIRDS								
CHALF								
WEEKEND								

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Table 1



CONCLUSIONS



Abstract



1000 1100 1200 1300 1400 1500 1600 1700 1800 1900 2000



DATA 1	DATA 2	DATA 3
100 Squares	100 Longins	100 Squares
200 Churches	200 sec. Plans	200 Churches
DATA 4	DATA 5	DATA 6
20 Longins	REPT	100 Squares
50 sec. Plans		10 Churches
DATA 7	DATA 8	DATA 9
10 Longins	100 Squares	100 Longins
40 sec. Plans	10 Churches	40 sec. Plans
DATA 10	DATA 11	DATA 12
100 Squares	REPT	100 Longins
10 Churches		10 sec. Plans
DATA 13	DATA 14	DATA 15
10 Squares	10 Longins	10 Squares
10 Churches	10 sec. Plans	10 Churches
DATA 16	DATA 17	DATA 18
10 Longins	REPT	10 Squares
10 sec. Plans		10 Churches
DATA 19	DATA 20	DATA 21
10 Longins	10 Squares	10 Longins
10 sec. Plans	10 Churches	10 sec. Plans
DATA 22	DATA 23	DATA 24
100 Squares	10 Longins	
10 Churches	10 sec. Plans	REPT
DATA 25	DATA 26	DATA 27
100 Squares	10 Longins	10 Squares
10 Churches	10 sec. Plans	10 Churches
DATA 28	DATA 29	DATA 30
10 Longins	10 Squares	10 Longins
10 sec. Plans	10 Churches	10 sec. Plans

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MY MORNING	BRUNCH
POSITIVE AFFIRMATIONS	LUNCH
NOTES	DINNER
	SNACK
	EVENING
	EXERCISE

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Discussion

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Fitness Planner Framework

TD Snyder

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