Weekly Habit Checklist

Date Range	Strength Train	Strength Train	Move Your Body (walk, run, bike, hike, yoga, etc) 30 min	Move Your Body (walk, run, bike, hike, yoga, etc) 30 min	Schedule 1-2 hrs to prep meals (chop, peel, bulk cook, etc)	Write Wins of the Week	Write Goals for Next Week	Other
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