

# DAILY FITNESS PLANNER

DATE: \_\_\_\_\_ S M T W T F S

## GOALS OF THE DAY

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| WORKHOUT                          | TIME | REPS |
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WATER INTAKE

1L

2L

3L

TODAY'S MOOD

DAILY NUTRITION

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

Snacks \_\_\_\_\_

TODAY I'M GRATEFUL FOR

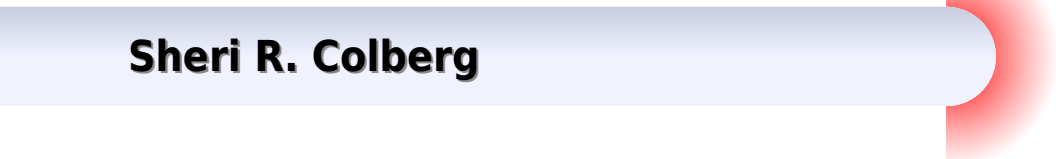
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# Ideas Fitness Planner

**Sheri R. Colberg**



## **Ideas Fitness Planner:**

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develop the special closeness between a mother and her daughter which can be so rewarding

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web prayer for mother and daughter dear jesus we weep with you over the number of our kids who are buying into the lie that sexual pleasure is something to experiment with we pray that our daughters would treasure their sexuality as a true gift from you and that they would honor that gift by saving it as a precious treasure to give their future

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web amen unto you o god we give our thanks and lift our hearts in prayer may your presence be with us and your love surround us as we work together as women of faith open our eyes to the needs of the world and fill our hearts with concern

for all people guide us so that we may truly serve you through jesus christ our lord amen

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web may 11 2010 psalm 127 3 5 3 lo children are an heritage of the lord and the fruit of the womb is his reward 4 as arrows are in the hand of a mighty man so are children of the youth 5 happy is the man that hath his quiver full of them i ve always wanted a big family when i was little that number was 5

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web write down three areas in your life where you can trust the lord more ask your mother or daughter about their three find ways to encourage one another to trust the lord in these areas pray lord praise you for being in control of all things to come thank you that your plans are good even in tough seasons