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| --- | --- | --- | --- | --- | --- | --- | --- |
| Mon  Goal \_\_\_\_\_  Done \_\_\_\_\_ | Tues  Goal \_\_\_\_\_  Done \_\_\_\_\_ | Wed  Goal \_\_\_\_\_  Done \_\_\_\_\_ | Thurs  Goal \_\_\_\_\_  Done \_\_\_\_\_ | Fri  Goal \_\_\_\_\_  Done \_\_\_\_\_ | Sat  Goal \_\_\_\_\_  Done \_\_\_\_\_ | Sun  Goal \_\_\_\_\_  Done \_\_\_\_\_ | Week Total  \_\_\_\_\_\_\_\_\_\_  Overall Total  \_\_\_\_\_\_\_\_\_\_ |
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This Mom Here Fitness Challenge Chart