Daily Fitness kodolist						
checklist	Time	Duration	Exercise	Туре	Sets	Rep
1. ☐ Stretching						
2. □ Warmup				+		
3. □ Pre-Workout						
4. □ Cardiovascular			E I BOODK			
5. ☐ Calisthenics		$\Lambda$	DEEMERIT			
6. ☐ Weightlifting		_ A	INELIVILINI			
7. □ Powerlifting						
8. □ Cool Down						
9. □ Shower						
10. □ Meal Prep 1			nereby understand that	I can achiev	3	
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11. □ Meal Prep 2 12. □ 13. □	0.					
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	my e	<del>loal, I w</del>	Il celebrate by	+		-
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Total						
Water						
Food						-
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Coffee						
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Coffee						















