

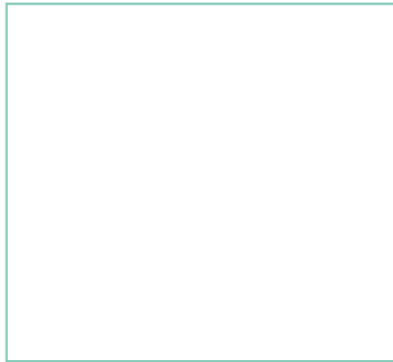
Daily Journal at the Gym

nicole davidsohn 2019

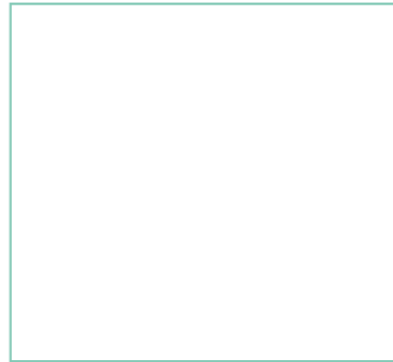
TIME: _____

GYM I WENT _____
TO:

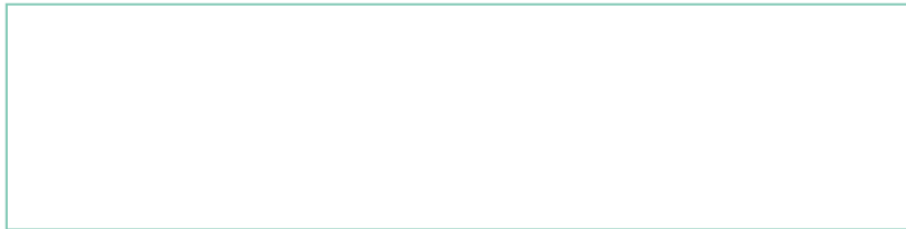
BEFORE
GOING TO THE
GYM:



AFTER GOING
TO THE GYM:



WORKOUTS I DID:



MY FITNESS MANTRA:
