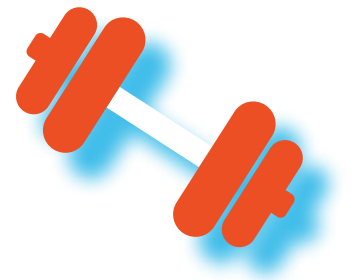
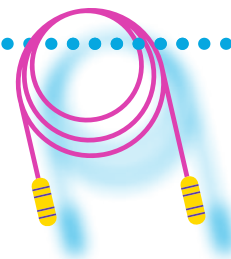


MY PERSONAL BEST!

Track your exercise results every day for 5 days and see if you're improving!

Exercise:



Sunday:

I Improved

I didn't Improve

Monday:

I Improved

I didn't Improve

Tuesday:

I Improved

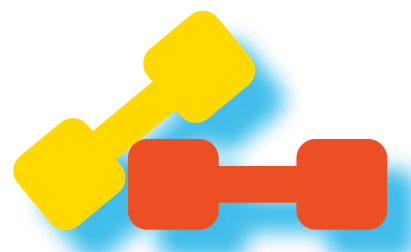
I didn't Improve

Wednesday:

I Improved

I didn't Improve

Thursday:



WHAT'S YOUR **30**?
30 MINUTES. 30 DAYS.



#MoveWithModesh

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