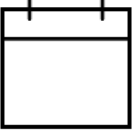

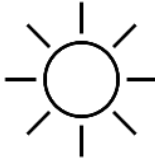
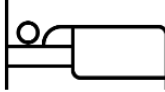



Tracking of days 	Water (8 glasses a day) 	Sunlight (10 mins a day) 	Sleep (7-8 Hours) 	Exercise (20 min a day at your desired intensity) 
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				