



















Week 4

LIFT WEIGHTS



"Having more muscle mass on your body allows you to burn calories even while you sleep."

<p><u>S</u></p> <p><input type="checkbox"/>  prepare food</p>	<p><u>M</u></p> <p><input type="checkbox"/>  6000 Steps</p> <p><input type="checkbox"/>  1.5 liters</p> <p><input type="checkbox"/>  eat healthy</p>	<p><u>T</u></p> <p><input type="checkbox"/>  3000 Steps</p> <p><input type="checkbox"/>  1.5 liters</p> <p><input type="checkbox"/>  eat healthy</p> <p><input type="checkbox"/>  3•2•1 Workout</p>	<p><u>W</u></p> <p><input type="checkbox"/>  6000 Steps</p> <p><input type="checkbox"/>  1.5 liters</p> <p><input type="checkbox"/>  eat healthy</p>	<p><u>T</u></p> <p><input type="checkbox"/>  3000 Steps</p> <p><input type="checkbox"/>  1.5 liters</p> <p><input type="checkbox"/>  eat healthy</p> <p><input type="checkbox"/>  3•2•1 Workout</p>	<p><u>F</u></p> <p><input type="checkbox"/>  6000 Steps</p> <p><input type="checkbox"/>  1.5 liters</p> <p><input type="checkbox"/>  eat healthy</p>	<p><u>S</u></p>
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