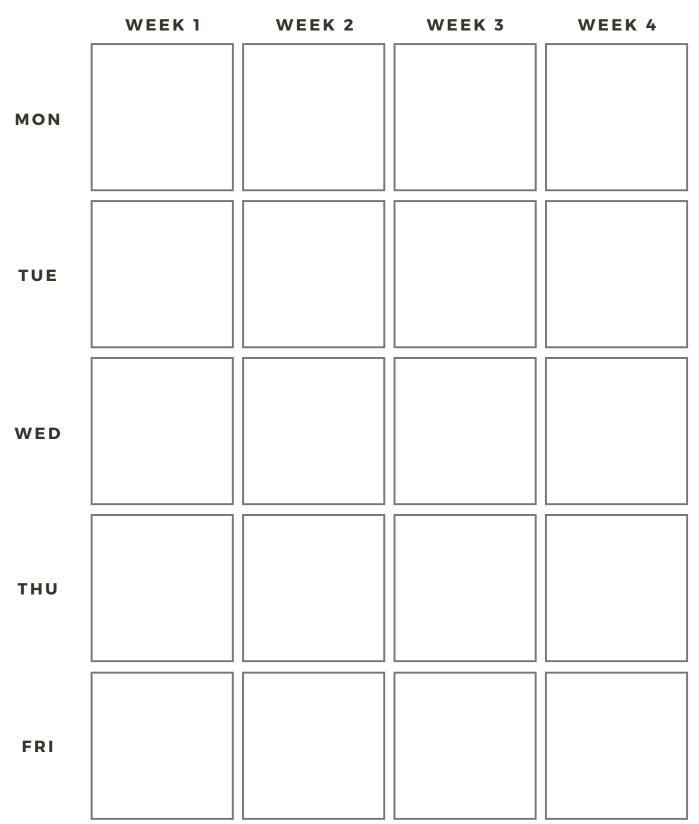


My 4-Week Plan

WRITE OUT YOUR GOALS FOR WEEK 1. EVALUATE ON FRIDAY AND REASSESS GOALS FOR THE FOLLOWING WEEK.



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