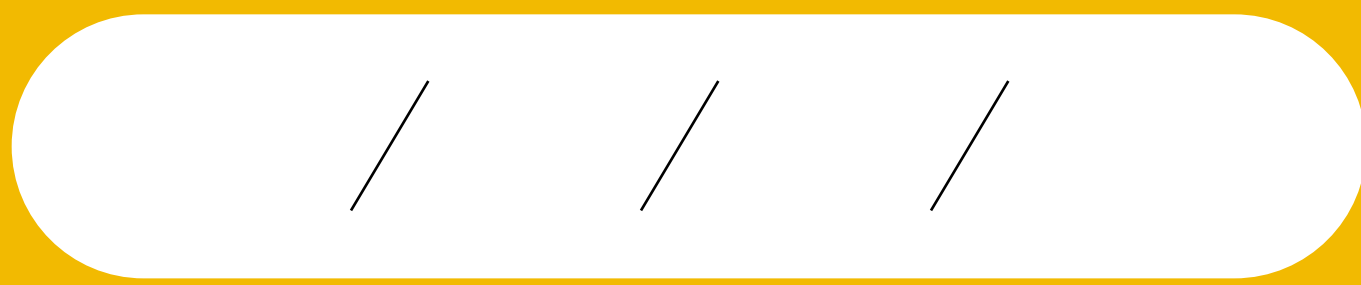


MAKE BETTER ME



KG

Breakfast	Lunch	Dinner	Snack	Water



Routine

Exercise	Reps	Sets	Weight	Time

