My Day

DATE: / /

JUNK FREE FOOD PLAN

BREAK FAST AT:
WITH...

IF I GET THE MUNCHIES I'LL EAT:

DINNER:

START FAST AT:

VERSE FOR THE DAY...

3 THINGS THAT MADE ME SMILE

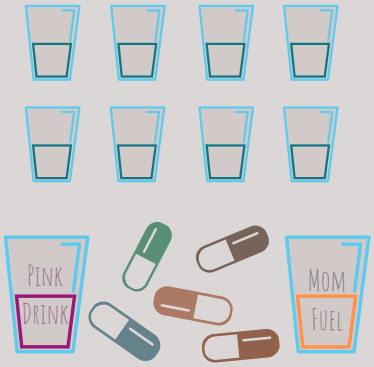
ALL THE THINGS BRAIN DUMP

3 MUST DO'S

- ◯
- ◯
- ◯

RESISTING OR AVOIDING

WATER + SUPS



- ◯ MADE MY BED LIKE A BOSS
- ◯ RESET SACRED SPACE
- ◯ PUT ON REAL PANTS
- ◯ MOVED ALL DAY!
- ◯ 30 MINS OF REAL EXERCISE
- ◯ SET UP MORNING FOR SUCCESS

FOLLOW
RYAN_KEEPS_IT_REAL
FOR MORE REAL LIFE TOOLS

RyanKeepsItReal.com