CONTINUED Seep - 7.5 fit, 6 am rise, 20-90 min siesta CONTINUED Earl full, greens, carrots, nuts, V8, beans, mush, onlon, eggs, toms, teal CONTINUED Earl full, greens, carrots, nuts, V8, beans, mush, onlon, eggs, toms, teal CONTINUED Earl full, greens, carrots, nuts, V8, beans, mush, onlon, eggs, toms, teal CONTINUED CON	MTWTFSS	DAILY HABI	TS - CONS	ISTENCY		○ Entered	Date	Weight	Sys	Dia	Pulse	Activity	Time	Dist
Ast full, greens, carrots, nuts, V8, beans, mush, onlon, eggs, toms, teal	0000000	Sleep - 7.5hr, (6 am rise, 20	-90 min siesta	3									
	0000000	Water 2L - bottle, first hour in the morning, keep going												
Documentation of the properties of the propertie	0000000													
	0000000													
	0000000	Do. Be. Just do it, dig deep, push through, be uncomfortable, will define me												
Don't give up, don't break the chain	0000000													
	0000000													
	0000000	Don't give up, don't break the chain			MTWTFSS									
Communicate: be larger than oneself	0000000	Relax - Medita	ate/Clear Mi	nd/Breathe	0000000	Love/Laugh/Have Fun								
Clean/Standup and get outside/nature COCCO Cocco Clean/Standup and get outside/nature Cocco Cocco Clean/Standup and get outside/nature Cocco Cocco Clean/Standup and get outside/nature Clean/Standup	0000000	Be good kind help volunteer step up			0000000	MOOD								
Stand up and get outside/nature	0000000	Communicate: be larger than oneself			0000000	Be Thankful								
	0000000	Change to please yourself not others			0000000	Clean/Simplify								
Balance dark horse vs asking for help					0000000	Be ready, flexible								
Med.Syn125mcg Can32mg Al300mg Hyd12.5 Mead/Radio Me	0000000	Learn/Explore	/Think - EXC	ENTRICITY			en							
Finance/Budget: don't spend money COCOCOC Umit: carbs sugar salf fat TV web alco COCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOC						*								
Common					00000000									
Think of the big picture: world/environment impact Sup: Omega garlic VitD Aloe RoyalJelly Flax Chia Hemp Sup: Omega garlic VitD Aloe Roy		Finance/Budget: don't spend money				Idea/App a day								
Sup: Omega garlic Vito Aloe RoyalJelly Flax Chia Hemp														
DO 12 Today: 2 big, 4 med, 6 small (60/week) O <td></td>														
					ax Chia Hemp									
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