

Dynamic Fitness

Went on a 30 minute walk with a friend	10000 steps	8000 steps	Met my water goal	Ate 5 veggies
30 minutes of physical activity	Went for a walk	Ate protein with every meal	10000 steps	Connect with a friend
Met my water goal	Went on a 30 minute walk with a friend	FREE	30 minutes of physical activity	Are a healthy dinner
Ate 5 fruits	Met my water goal	Ate 5 fruits	8000 steps	Ate a healthy dinner
8000 steps	30 minutes of physical activity	Compliment yourself	ate 5 veggies	30 minutes of physical activity

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Went on a 30 minute walk with a friend	10000 steps	Met my water goal	30 minutes of physical activity	Ate protein with every meal
8000 steps	ate 5 veggies	Ate 5 veggies	30 minutes of physical activity	Connect with a friend
Ate 5 fruits	30 minutes of physical activity	FREE	Are a healthy dinner	10000 steps
8000 steps	Compliment yourself	Went on a 30 minute walk with a friend	30 minutes of physical activity	Met my water goal
Ate 5 fruits	Ate a healthy dinner	Met my water goal	Went for a walk	8000 steps

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30 minutes of physical activity	Compliment yourself	10000 steps	Ate a healthy dinner	30 minutes of physical activity
Went on a 30 minute walk with a friend	Ate 5 fruits	Ate 5 fruits	Went for a walk	Ate 5 veggies
Met my water goal	30 minutes of physical activity	FREE	Met my water goal	8000 steps
Went on a 30 minute walk with a friend	Connect with a friend	Met my water goal	ate 5 veggies	8000 steps
Are a healthy dinner	10000 steps	Ate protein with every meal	30 minutes of physical activity	8000 steps