

Dynamic Fitness

Tracked my food for 3 days	10000 steps	8000 steps	Tracked my food all day	Met my water goal
8000 steps	Tracked my food all day	Resistance training	10000 steps	Resistance training
Tracked my food all day	Went for a walk	FREE	30 minutes of physical activity	Compliment yourself
Connect with a friend	Tracked my food all day	Met my protein goal	Ate protein with every meal	Met my water goal
Ate a healthy dinner	30 minutes of physical activity	Resistance training	ate 5 veggies	8000 steps

Dynamic Fitness

Went for a walk	10000 steps	Tracked my food all day	8000 steps	Resistance training
8000 steps	ate 5 veggies	Met my water goal	30 minutes of physical activity	Resistance training
Connect with a friend	30 minutes of physical activity	FREE	Compliment yourself	10000 steps
Ate protein with every meal	Resistance training	Tracked my food for 3 days	8000 steps	Tracked my food all day
Met my protein goal	Met my water goal	Tracked my food all day	Tracked my food all day	Ate a healthy dinner

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30 minutes of physical activity	Resistance training	10000 steps	Met my water goal	30 minutes of physical activity
Tracked my food for 3 days	Connect with a friend	Met my protein goal	Tracked my food all day	Met my water goal
Tracked my food all day	8000 steps	FREE	Tracked my food all day	Ate protein with every meal
Went for a walk	Resistance training	Tracked my food all day	ate 5 veggies	8000 steps
Compliment yourself	10000 steps	Resistance training	8000 steps	Ate a healthy dinner