Daily Progress Sheet

Name: _____ Session: _____

Today I'm feeling: _____

Exercise 1: _____

Description: _____

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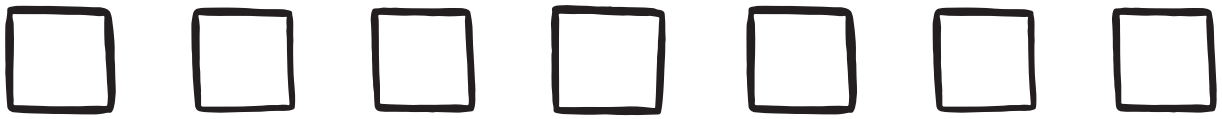

Exercise 2: _____

Description: _____

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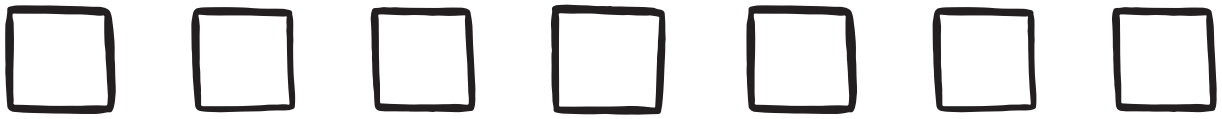
_____



Exercise 3: _____

Description: _____

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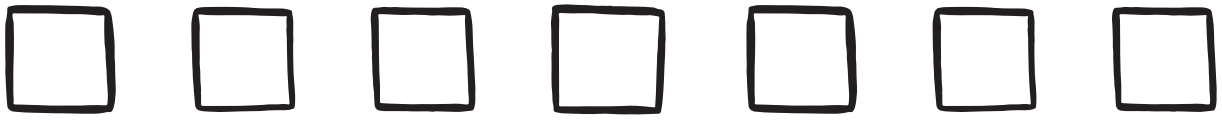
_____



Exercise 4: _____

Description: _____

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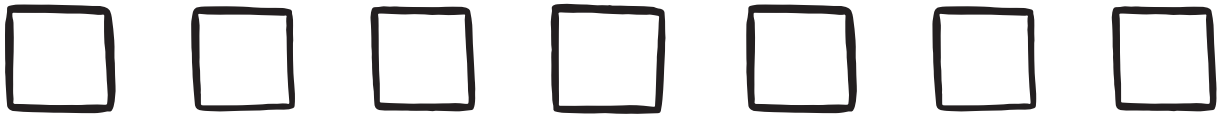

Exercise 5: _____

Description: _____

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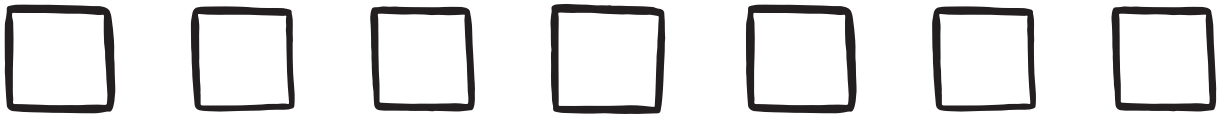

Exercise 6: _____

Description: _____

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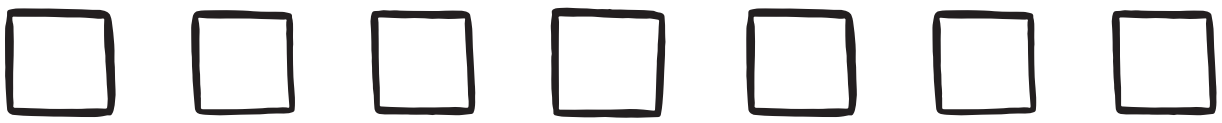
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