

PLANNER

Twoje 28 dni zmian
4 tygodnie | 4 zadania

Maniany

poniedziałek

wtorek

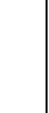
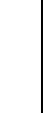
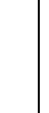
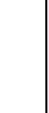
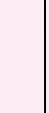
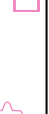
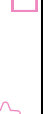
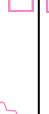
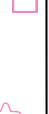
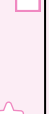
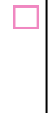
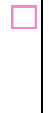
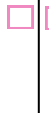
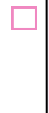
środa

czwartek

piątek

sobota

niedziela

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Zobacz, jak Ci świetnie idzie! Kontynuuj! :)

Twoja lista zadań:

- ☐ wypicie 2l wody
- ☐ porcja warzyw i owoców 400g
- ☐ ruch min. 20 min
- ☐ sen i regeneracja (7-8 godzin)

Nie zapomnij!

Dziel większe cele na
mniejsze. To ułatwi
śledzenie postępów,
utrzymanie motywacji
i osiągnięcie celu.



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