THE FORGE - BACK 9

Start: ___/___/___ **End:** ___/___/___

1	**2**	**3**	**4**	**5**	**6**	**7**
Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___
Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___
Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___
Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___
IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___
Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___
Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___
1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___
PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___

8	**9**	**10**	**11**	**12**	**13**	**14**
Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___
Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___
Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___
Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___
IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___
Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___
Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___
1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___
PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___

15	**16**	**17**	**18**	**19**	**20**	**21**
Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___
Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___
Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___
Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___
IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___
Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___
Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___
1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___
PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___

22	**23**	**24**	**25**	**26**	**27**	**28**
Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___
Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___
Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___
Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___
IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___
Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___
Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___
1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___
PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___

29	**30**	**31**	**32**	**33**	**34**	**35**
Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___
Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___
Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___
Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___
IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___	IPA ___
Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___
Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___
1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___
PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___	PDC ___

36	**37**	**38**	**39**	**40**
Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___	Morning Water ___
Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___	Daily Motion - EFD+ ___
Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___	Meditate/Breathe ___
Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___	Cold Shower ___
IPA ___	IPA ___	IPA ___	IPA ___	IPA ___
Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___	Food/Alcohol Rules ___
Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___	Golf Swings ___
1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___	1min MAXOUT ___
PDC ___	PDC ___	PDC ___	PDC ___	PDC ___

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