A. I. M.
Activity Is Medicine
www.activityismedicine.com

Gratitude Journal

Date	Today I am Grateful For:
Sample	I am grateful for my health
Sample	I am grateful for the nice weather

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Goals

Date	I chose:
Sample	My goal is to fit into cloths two sizes smaller that I currently wear
Sample	I chose to persist until my doctor takes me off most of my medicine

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