#STEPREPPRAY

DATE	ACTIVITY	TIME/DISTANCE	SETS/REPS	WHO I PRAYED FOR
SUNDAY			· · · · · · · · · · · · · · · · · · ·	
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				***************************************
SATURDAY	**********			
- Visi	t chronic-jo	y.org for more r	esources. —	Chronic Joy

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DATE	ACTIVITY	TIME/DISTANCE	SETS/REPS	WHO I PRAYED FOR			
SUNDAY							
MONDAY							
TUESDAY				********************************			
WEDNESDAY			*************				
THURSDAY							
FRIDAY			AT THE ST. AT THE CO. ST.				
SATURDAY			**************				

Chronic Joy

chronic-joy.org/StepRepPray