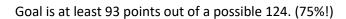
Fundamental 4 Check list:

Each achievement is a score of 1, maximum score for the day = 4





		Goodness			
Days	Water in	in	move more	sleep+E5:F37	TOTAL
	minimum 2L	80/20 rule	exercise	minimum 7 hours	
1					
2					
3					
4					
5					
6					
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