

ENERGY FOR PERFORMANCE

Daily Training Log

A PROGRAM BROUGHT TO YOU BY JANUS LABS

MY MISSION: _____ **WEEK:** _____

Use your TAB key to move to a new line

| Rituals | Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Notes |
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1 = NOT SUCCESSFUL 5 = VERY SUCCESSFUL



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