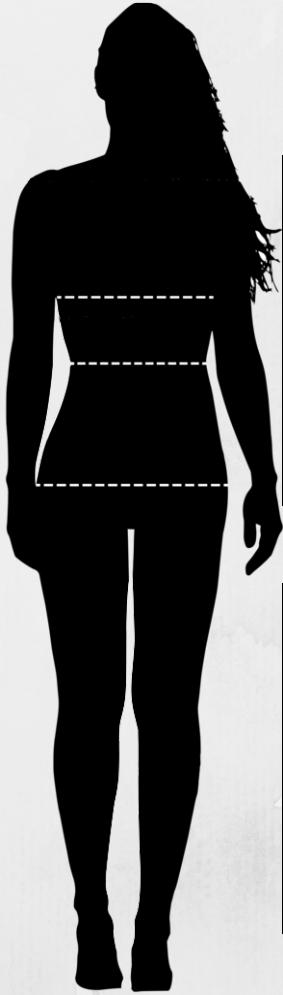


# MON CARNET DE BORD MON BODY EN MIEUX



## MES MENSURATIONS DE DEPART

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## MES MENSURATIONS SEMAINE

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## MES OBJECTIFS SILHOUETTE

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## MES OBJECTIFS FORME & ENTRAINEMENTS

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## MON PLAN D'ATTAQUE NUTRITION

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## MES HABITUDES A CHANGER

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## NOTES

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