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| **Mood to Diet** |  | **Mood to Diet** |
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| **WK 2**  |  | **WK 2**  |
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| **Mood to Diet** |  | **Mood to Diet** |
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| **WK 3**  |  | **WK 3**  |
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| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 4**  |  | **WK 4**  |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 5**  |  | **WK 5**  |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 6**  |  | **WK 6**  |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |

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| **WK 7**  |  | **WK 7**  |
| **Mood to Exercise** |  | **Mood to Exercise** |
| **Mood to Diet** |  | **Mood to Diet** |
| **Highs of the Week** |  | **Highs of the Week** |
| **Lows of the Week** |  | **Lows of the Week** |
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