

Lungs and Diet

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun

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Lungs and Diet: A Practical Guide to the Diet that Keeps Your Lungs Healthy

Practicing Effort

Week	Mon	Tues	WED	Thurs	Fri	Sat	Sun	Goal	Total

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Practice Bank: Week 1 _____ ; Week 2 _____ ; Week 3 _____ ; Week 4 _____ .