

I'm not robot!

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**YEARLY GOALS**  
A grid for tracking progress throughout the year.

**MEASUREMENT**  
A grid for tracking body measurements over time.

**WORKOUT RECORD**  
A grid for tracking exercise routines and repetitions.

**WEEKLY MENU PLAN**  
A template for planning meals for each day of the week.

**30 DAY WATER CHALLENGE**  
A grid for tracking daily water intake.

**MONTHLY JOURNAL**  
A grid for tracking health and fitness progress over a month.

**BALANCED FOOD**  
A grid for tracking balanced meal intake.

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	P90X Chest & Back + Cardio Abs	P90X Plus Cardio Circuit	P90X Shoulders & Arms + Ab Ripper X	P90X Cardio Recovery	P90X Leg & Back + Cardio Abs	P90X Pure Cardio	Rest or Stretch
	P90X Chest & Back + Cardio Abs	P90X Cardio Power & Resistance	P90X Shoulders & Arms + Ab Ripper X	P90X Cardio Recovery	P90X Leg & Back + Cardio Abs	P90X Plus Cardio Circuit	Rest or Stretch
	P90X Chest & Back + Cardio Abs	P90X Pure Cardio	P90X Shoulders & Arms + Ab Ripper X	P90X Cardio Recovery	P90X Leg & Back + Cardio Abs	P90X Cardio Power & Resistance	Rest or Stretch
	P90X Core Synergistics	P90X Core Cardio & Balance	P90X Yoga	P90X MMA Recovery	P90X Core Synergistics	P90X Core Cardio & Balance	Rest or Stretch
	P90X Chest, Shoulders, & Tris + Cardio Abs	P90X MMA Interval Circuit	P90X Back & Biceps + Ab Ripper X	P90X MMA Interval Plus	P90X Kettle + Cardio Abs	P90X MMA Cardio Conditioning	Rest or Stretch
	P90X Chest, Shoulders, & Tris + Cardio Abs	P90X MMA Interval Plus	P90X Back & Biceps + Ab Ripper X	P90X MMA Interval Circuit	P90X Kettle + Cardio Abs	P90X MMA Cardio Conditioning	Rest or Stretch
	P90X Core Synergistics	P90X Yoga	P90X MMA Recovery	P90X Core Synergistics	P90X Core Cardio & Balance	Rest or Stretch	
	P90X Chest & Back + Cardio Abs	P90X MMA Interval Circuit	P90X Shoulders & Arms + Ab Ripper X	P90X MMA Interval Plus	P90X Leg & Back + Cardio Abs	P90X Cardio Recovery	Rest or Stretch
	P90X Chest, Shoulders, & Tris + Cardio Abs	P90X MMA Cardio Conditioning	P90X Back & Biceps + Ab Ripper X	P90X MMA Interval Circuit	P90X Kettle + Cardio Abs	P90X MMA Interval Plus	Rest or Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Activity: _____ Time: _____	Activity: _____ Time: _____	Activity: _____ Time: _____	Activity: _____ Time: _____	Activity: _____ Time: _____	Activity: _____ Time: _____
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You are reading a free preview of the 1204 to 1212 pages are not shown in this preview. You are reading a free preview. The Páginas 1306 to 1316 are not shown in this preview. PDF package Completosdescargapdf full package this The brief summary of this complete PDF document1 related to this PaperDownloadpdf package Understanding your money management options as an expat living in Germany can be complicated. From opening a bank account to securing your family's home and belongings, it is important that you know what options are appropriate for you. To find out how you can make your money go further, read our guides to finance in Germany. Publishing book length in digital form Electronic commerce Online goods and services Digital distribution Software Streaming Media Retail Services Banking DVD by e-mail (Commerce) Delivery of flowers Online food Orders of edible food Travel market services Composition services Auction software Procurement software Procurement software Public trade Communities Tickets Mobile trade Payment ticket Service service to the customer Knows service [1] Although sometimes it is defined as "an electronic version of a printed book," [2] there are some electronic books without a printed equivalent. Electronic books can be read on dedicated e-reader devices, but also on any computer device that displays a controllable display, which includes desktop computers, laptops, tablets and smartphones. 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U.S. For electronic repair manuals; [22] a large-scale distributed hypermedia system known as intermediary; [23] [23] spinoff company Electronic Book Technologies that built DynaText, the first SGML-based e-reader system; and the Scholarly Technology Group's extensive work on the Open eBook standard. Michael S. Hart (left) and Gregory Newby (right) of Project Gutenberg, at Hackers on Planet Earth (HOPE) Conference, 2006 Michael S. Hart (1971) Despite the extensive earlier history, several publications report Michael S. Hart as the inventor of the e-book.[24][25][26] In 1971, the operators of the Xerox Sigma V mainframe at the University of Illinois gave Hart extensive computer-time. Seeking a worthy use of this resource, he created his first electronic document by typing the United States Declaration of Independence into a computer in plain text.[27] Hart planned to create documents using plain text to make them as easy as possible to download and view on devices. Early implementations After Hart first adapted the U.S. Declaration of Independence into an electronic document in 1971, Project Gutenberg was launched to create electronic copies of more texts, especially books.[27] Another early e-book implementation was the desktop prototype for a proposed notebook computer, the Dynabook, in the 1970s at PARC: a general-purpose portable personal computer capable of displaying books for reading.[28] In 1980, the U.S. Department of Defense began concept development for a portable electronic delivery device for technical maintenance information called project PEAM, the Portable Electronic Aid for Maintenance. Detailed specifications were completed in FY 1981/82, and prototype development began with Texas Instruments that same year. Four prototypes were produced and delivered for testing in 1986, and tests were completed in 1987. The final summary report was produced in 1989 by the U.S. Army Research Institute for the Behavioral and Social Sciences, authored by Robert Wisner and J. Peter Kincaid.[29] A patent application for the PEAM Titled "Apparatus to Deliver Procedural Type Instructions," was presented by Texas Instruments on December 4, 1985, listing John K. Harkins and Stephen H. Morriss as inventors. The first portable electronic book, the "personal electronic help of the U.S. Department of Defense for maintenance" in 1992, Sony released the Data Discman, an electronic book reader who could read electronic books that were stored on CD. One of the electronic publications that could be played in the Data Discman was called the Future Library. [31] The first electronic books were usually written for specialized areas and a limited audience, intended to be read only by small and dedicated interest groups. The scope of these e-books included technical manuals for hardware, manufacturing techniques and other topics. [Cita necessary] In the 1990s, the general availability of the Internet made the transfer of electronic files much easier, including electronic books. [Cita necessary] In 1993, Paul Baim launched a Freeware Hypercard stack, called eBook, which allowed easy import of any text file to create a concordant version similar to an e-pocket book. One notable feature was the automatic follow-up of the last page read, so that upon returning to the 'book' it was taken back to where it had previously left. The title of this stack may have been the first instance of the term 'electronic book' used in the modern context. [32] Electronic Book Formats See also: Comparison of e-book formats reading an e-book on a third-generation Kindle as electronic book formats arose and proliferated. 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Due to the exclusiveness and limited readerships of e-books, the fractured market of independent publishers and specialty authors lacked consensus regarding a standard for packaging and selling e-books.[citation needed] Meanwhile, scholars formed the Text Encoding Initiative, which developed consensus guidelines for encoding books and other materials of scholarly interest for a variety of analytic uses as well as reading, and countless literary and other works have been developed using the TEI approach. In the late 1990s, a consortium formed to develop the Open eBook format as a way for authors and publishers to provide a single source-document which many book-reading software and hardware platforms could handle. Several scholars from the TEI were closely involved in the early development of Open eBook [1]. Focused on portability, Open eBook as defined required subsets of XHTML and CSS; a set of multimedia formats (others could be used, but there must also be a fallback in one of the required formats), and an XML schema for a



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