WORKOUT LOG

	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su
DATE:					
WEIGHT:					
SLEEP (hrs):					
CALORIES:					
TIME (minutes):					

EXERCISE	SET	REPS	WT	SET	REPS	WT	SET	REPS	WT	SET	REPS	WT	SET	REPS	WT

CARDIO EXERCISES	TIME	DIST	INT*	TIME	DIST	INT*	TIME	DIST	INT*	TIME	DIST	INT*	TIME	DIST	INT*

***Intensity**: E/M/H=Easy/Medium/Hard or use Heart Rate

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