

A graphic featuring a large, dark olive-green circle centered on a background of vibrant yellow and orange brushstrokes. Inside the circle, the words "Excel" and "Templates" are written in a white, elegant script font, stacked vertically. A thin white line follows the curve of the top and right sides of the circle.

Excel
Templates

fitness weekly review

june 2020

week one	June 14 to 20 diamond pushups are harder than thought, will have to lower the rep count to get it done.	highlight daily walks in the morning very peaceful
		lowlight very sore arms after diamond pushups -
week two		highlight
		lowlight
week three		highlight
		lowlight
week four		highlight
		lowlight
week five		highlight
		lowlight

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IMPORTANT DATES

MONTHLY GOALS

MONTHLY TO-DO LIST

NOTES