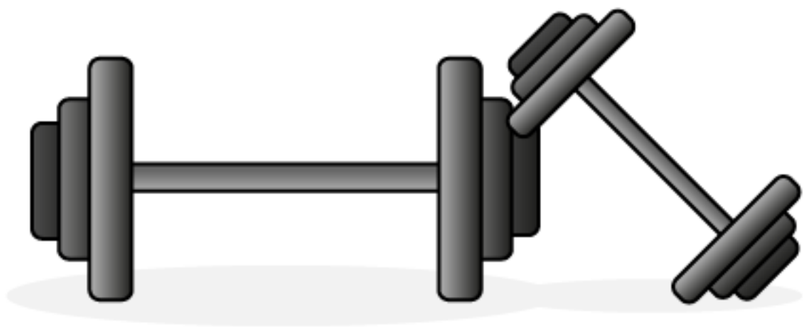
Workout Log



Date	Workout Activity	Sets	Reps	Time	Dist