

WORKOUT *record*

month of: _____

 activity
 duration

WEEK 1

WEEK 2

WEEK 3

WEEK 4

M



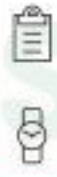
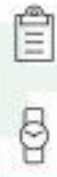
T



W



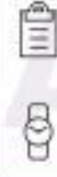
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S



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