

**INSTANT DOWNLOAD**

# DAILY WORKOUT TRACKER

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DATE:		START TIME:		END TIME:	
CARDIO	TIME	DISTANCE	CALORIES	HEART RATE	

EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						
	WEIGHT						
	REPS						

**WATER INTAKE**

250 ml    500 ml    750 ml    1 L    1.5 L    2 L    2.5 L    3 L

**NOTES**

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