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My Weekly Workouts

The week of _____

My Weekly Goals _____

1\2\3\4\5\6\7\8\9\10\11\12

	Exercises & Activities	Time	Dist.	Sets	Reps	Waight	Notes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

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My Challenges & Achievements _____

How can next week be better? _____

Energy Level: ★★★★★ I choose to be stronger than my excuses.



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