

WORK IT OUT, *GIRL!*

DATE:

<i>EXERCISE</i>		<i>set 1</i>	<i>set 2</i>	<i>set 3</i>	<i>set 4</i>	<i>set 5</i>	<i>set 6</i>
	<i>weight</i>						
	<i>reps</i>						
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	<i>weight</i>						
	<i>reps</i>						

Cardio & Workout Notes

Identify Negative Thoughts

Positive Affirmations & Victories

Vision & Goals