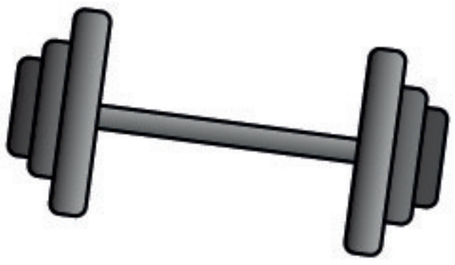
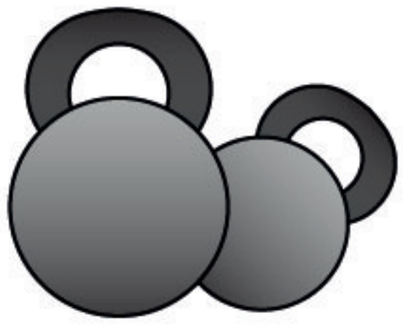


WORKOUT LOG



Date: ***Focus Area:*** ***Duration:***

Activity	***Set 1***		***Set 2***		***Set 3***		***Set 4***	
	Weight	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*

Activity	***Set 1***		***Set 2***		***Set 3***		***Set 4***	
	Weight	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*