workout log

Week

Date: Time: Week:

Workout Day: 1 2 3 4 5 6 7

Exercise	Reps	Set -1	Set -2	Set -3	Set -4	Set -5

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Workout Day: 1 2 3 4 5 6 7

Exercise	Reps	Set -1	Set -2	Set -3	Set -4	Set -5

Weight
Body Fat
Chest
Right Arm
Left Arm
Waist
Hips
Right Leg
Left Leg