

Workout Tracker

TODAY'S DATE: _____

EXERCISE:	MUSCLE GROUP:	REPS:	S M T W T F S
_____	_____	_____	○○○○○○○○
EXERCISE:	MUSCLE GROUP:	REPS:	S M T W T F S
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EXERCISE:	MUSCLE GROUP:	REPS:	S M T W T F S
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EXERCISE:	MUSCLE GROUP:	REPS:	S M T W T F S
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EXERCISE:	MUSCLE GROUP:	REPS:	S M T W T F S
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EXERCISE:	MUSCLE GROUP:	REPS:	S M T W T F S
_____	_____	_____	○○○○○○○○

WHAT I LIKED ABOUT THIS WORKOUT:

WATER:

S M T W T F S
○○○○○○○○

WHAT I WILL CHANGE FOR NEXT WEEK:

MEAL PLAN:

S M T W T F S
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