


## Header

Weight 	
Current	Goal
160lbs	180lbs

New weight

## Header

Goals

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

New goal

## Header

### Log

Type	Time    Sets
<input type="text"/>	<input type="text"/>
Weight	Reps
<input type="text"/>	<input type="text"/>