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WORKOUT JOURNAL: WORKOUT DIARY WITH FOOD EXERCISE JOURNAL LOG: PERFECT WORKOUT CHARTS WEIGHT LOSS JOURNAL TO KICK-START YOUR FITNESS ROUTINE

WEEKLY WORKOUT JOURNAL				
Date	Exercise / Activity	Set	Reps	Notes / Comments
1/1	Pushups	10	2	Good to go!
1/2	1/2 Crouch, 1/2 Jump, 1/2 Crouch	6	10	Partnered with John
1/3	Pushups	2	—	Lowest of
1/4	1/2 Crouch and 1/2 Jump	6	10	—
1/5	Lowest of	2	25	Little out of breath
1/6	Lowest of	2	—	Like for 1 day
1/7	Lowest of	2	—	—
1/8	Lowest of	2	—	—
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- **ASPCA Kids: Rescue Readers: I Am Picasso**