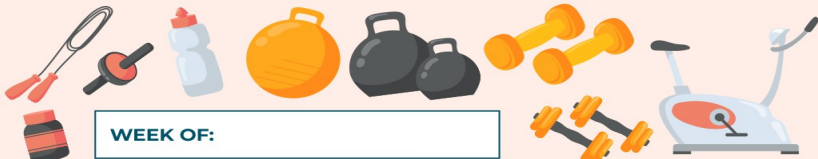


# Workout Checklist



WEEK OF:

WORKOUT / ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN

NOTES

