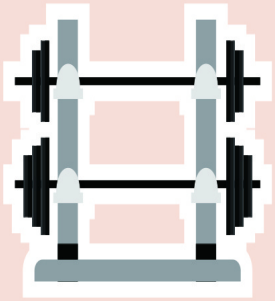

WORKOUT JOURNAL

DATE: _____AM / PM S M T W TH F S

Activity	Reps	Sets.	Weight	Distance	Time	Cal. Burn