Workout Log

Today's Weight:

oday's Focus: Upper Body Ulower Body UFull			-		Day: Date:			
				Seł I	Seł 2	Seł 3	Seł 4	EFFOR
Muscle Group	Exercis	e/Machine		Wt/Reps	Wtreps	Wtreeps	Wt/Reps	1–10
Cardio Workout What 1 did		Minutes or steps	Pace Incl		ine t	eart rate	Cals. burned	effort 1-10
Other movement ex: Yoga, Hiking, Gardening, Walk dog, etc.			Minutes or steps		Notes			
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