## Fitness Log

| EXERCISE | SET1 WEIGHT/REPS | | SET2 WEIGHT/REPS | | SET3 WEIGHT/REPS | | REST (SECS BETWEEN SETS) | TIME CARDIO EXERCISES | LEVEL CARDIO EXERCISES |
|---|---|---|---|---|---|---|---|---|---|
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## Fitness Log

| MEAL | FOOD | CALORIE | AMOUNT | PROTEIN | CARB | FAT | BEVERAGES/ AMOUNT |
|---|---|---|---|---|---|---|---|
| BREAKFAST | | | | | | | |
| SNACK(1) | | | | | | | |
| LUNCH | | | | | | | |
| SNACK(2) | | | | | | | |
| DINNER | | | | | | | |
| SNACK(3) | | | | | | | |

| MEASUREMENTS | CHEST | ARMS | WAIST | HIPS | THIGHS | CALVES | BODY FAT % |
|---|---|---|---|---|---|---|---|
| | | | | | | | |