WORKOUTLOG										
Date										
Weight										
Sleep										
Calories										
Water										
					1)	IIA	1	h 11		
Core Exercises	Reps		Weight	Reps		Weight		Reps	Weight	
2										
							1			
Upper Body Exercises	Rep	os	Weight	F	Reps	Weight	Т	Reps	Weight	
Lower Body exercises	Dor		Weight		lone	Maight	\mathbf{T}^{\perp}	Reps	Weight	
Lower Body exercises	Reps		vveignt	Reps		Weight		Reps	weight	
1/2										
Cardio		Time			Distance			Intensity		