EXERCIS					OALS:	<u> </u>				
DATE:	WEIGHT:			SLEEP (hrs):			CALORIES:			DAY: M Tu W Th Fr Sa S
EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES
DATE:	w	WEIGHT:			SLEEP (hrs):			ORIES:		DAY: M Tu W Th Fr Sa S
EXERCISES	1RM* SETS REPS		WT REST TIME			DIST HR INT**			NOTES	
EXERCISES	T TRIM	JEIJ	KEFO	***	KEST	THE	Dioi	Tilk	1141	HOTES
DATE:		EIGHT:			EP (hrs):			ORIES:		DAY: M Tu W Th Fr Sa S
EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES
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DATE: WEIGHT:				SLE	EP (hrs):		CALORIES:			DAY: M Tu W Th Fr Sa S
EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES
	2									
DATE:	W	WEIGHT:		SLEEP (hrs):			CALORIES:			DAY: M Tu W Th Fr Sa S
EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES

^{*1}RM - One Rep Max (for reference)

^{**}Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard