## fitsugar Fitness Journal week of

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1	-	Cardio	-1 -	ŀ			St	rength Training
	Time/Duration			Exercise Name	Body Part Worked	Weight	Number of Sets	Number of Reps
	Distance							
	Average Heart Rate		date:					
	Max Heart Rate							
	Calories Burned							
	Level/Speed/Resistance							
<b></b>	-	Cardio						
	Time/Duration							
	Distance							
	Average Heart Rate		-11-1					
	Max Heart Rate			Exercise Name	Body Part	Weight	Number of Sets	rength Training  Number of Reps
	Calories Burned				Worked			
	Level/Speed/Resistance		date:					
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