

# CARDIO WORKOUT LOG

GOALS:		
WEIGHT:		DATE:
SLEEP (hrs):		DAY: M Tu W Th Fr Sa Su
CALORIES:		NOTES:
TIME (minutes):		

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WEIGHT:		DATE:
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EXERCISES	IRM*	SETS	REPS	WT

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CARDIO EXERCISES	TIME	DIST	INT**

CARDIO EXERCISES	TIME	DIST	INT**