

Workout Log



| | ACTIVITY | Time | Dist. | Sets | Reps | Weight |
|-------|--------------------------|------|-------|------|------|--------|
| Day 1 | <input type="checkbox"/> | | | | | |
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| Day 2 | <input type="checkbox"/> | | | | | |
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| Day 3 | <input type="checkbox"/> | | | | | |
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| | <input type="checkbox"/> | | | | | |