WEEKLY CARDIO EXERCISE LOG

		GOAL				ACTUAL				
S	UN	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	
	ION	TVDE OF EVOLUCION	70.45	DISTINGS	LEVEL	TVDF OF EVOLUATION	711.45	DISTINGS	157.55	
N	MON	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	
1	TUE	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	
V	VED	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	
-	VLD	THE OF EXCENCISE	111012	DISTARCE	LLVLL	TITE OF EXCENCISE	THALE	DISTARCE	LLVLL	
1	THU	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	
	FRI	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	
S	SAT	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	TYPE OF EXCERCISE	TIME	DISTANCE	LEVEL	