

# WORK IT OUT, *GIRL!*

**DATE:**

<i>EXERCISE</i>		<i>set 1</i>	<i>set 2</i>	<i>set 3</i>	<i>set 4</i>	<i>set 5</i>	<i>set 6</i>
	<i>weight</i>						
	<i>reps</i>						
	<i>weight</i>						
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	<i>weight</i>						
	<i>reps</i>						
	<i>weight</i>						
	<i>reps</i>						

*Cardio & Workout Notes*

*Identify Negative Thoughts*

*Positive Affirmations & Victories*

*Vision & Goals*