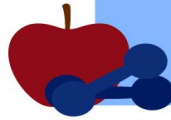


NUTRITION and FITNESS *log*



Date:

Today's goal:

| Exercise | Set 1 | | Set 2 | | Set 3 | | Rest | Time | Level |
|----------|-------|-----|-------|-----|-------|-----|------|------|-------|
| | Wt | Rep | Wt | Rep | Wt | Rep | | | |
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| Meal | Food | Total Calories |
|-----------|------|----------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snack | | |