

Workout Log Sheets

Date:

AM/PM:

S

M

T

w

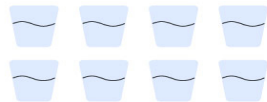
T

F

S

[illegible]

Water Tracker



Notes

Daily Nutrition

- Breakfast : _____
- Lunch : _____
- Dinner : _____
- Snacks : _____