

# Workout Log

Date:

Focus Area:

HipsTightChestArmsBody FatMuscle

| Date | Exercise | Set | Reps | Weight |
|------|----------|-----|------|--------|
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|      |          |     |      |        |
|      |          |     |      |        |

This Month's Check-In

Weight :

Pounds Lost :

Focus Area:

HipsTightChestArmsBody FatMuscle

| Date | Exercise | Set | Reps | Weight |
|------|----------|-----|------|--------|
|      |          |     |      |        |
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This Month's Check-In

Weight :

Pounds Lost :