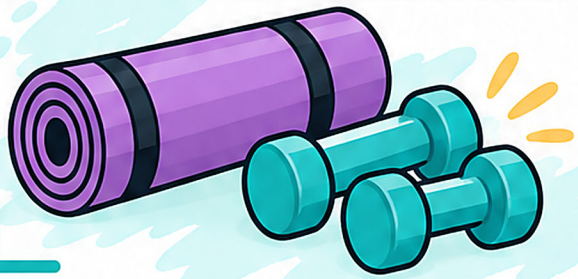


WORKOUT LOG



Date: _____

Date	Workout Activity	Sets	Reps	Time	Distance



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