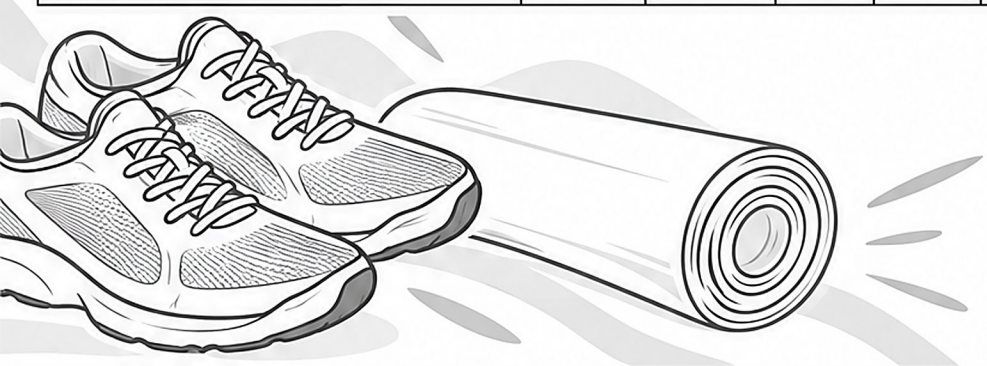


WORKOUT LOG



Date: _____

Activity	Time	Distance	Sets	Reps	Weight	Complete	Form		
							Good	OK	Bad
						☐	☐	☐	☐
						☐	☐	☐	☐
						☐	☐	☐	☐
						☐	☐	☐	☐
						☐	☐	☐	☐
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