EXERCISE Track your fitness and strength to			(GOALS:						
DATE:	WEIGHT:			SLEEP (hrs):			CALORIES:			DAY: M Tu W Th Fr Sa Su
EXERCISES	1RM*	SETS	REPS	WT	REST	TIME	DIST	HR	INT**	NOTES
DATE:	WEIGHT:			SLEEP (hrs):			CALORIES:			DAY: M Tu W Th Fr Sa Su
EXERCISES			REPS	WT		TIME				NOTES
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DATE:	W	WEIGHT:			SLEEP (hrs):			LORIES:		DAY: M Tu W Th Fr Sa Su
EXERCISES			REPS	WT		TIME		HR		
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^{*1}RM - One Rep Max (for reference)

^{**}Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard