WOF	ROI	JTL	OG	(All fields are	editable	e. Type text in co	prresponding fields)
WEEK	/	1	to	/	/	FOR: 	
GOALS							- )101
							BUILDING MUSCLE 101

WEIGHT TRAINING / STRE	Days:				
EXERCISES	SETS /	REPS	WEIGHT	REST TIME	NOTES

CARDIO TRAINING	Days:				
EXERCISES	TIME / DIST		TARGET HR	INTENSITY*	NOTES

\*Intensity can be low / moderate / high

Notes: