

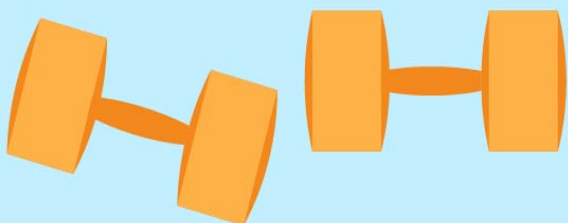


Fitness

Journal



Date	Activity	Time	Dist.	Sets	Reps.	Weight



Week of: _____