## Workout Log

)	Goals:			
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Date:								
Weight:								
Sleep:								
Calories:								
Water:								
Core Exercises:		Rep	Reps Weight		Reps Weight		Reps	Weight
COLO EXCIGIOCO								
Upper Bo	Rep	s We	ight	Reps	Weight	Reps	Weight	
Upper Body Exercises:		'		<u> </u>	'			J
Lower Body Exercises:		Rep	Reps Weight		Reps	Weight	Reps	Weight
Lower Bo	dy Exercises.	op	- 110	.9.1.	Моро		opo	o.g.n.
Constin			Times		Pi	otanaa	Into	neity
Cardio:			Time		Distance		Intensity	