WEEKLY EXERCISE JOURNAL

Date:	Weeks:		Other	:			
Day:				Day:			
	Exercise Name	Sets	Reps	Day.	Exercise Name	Sets	Reps
Davi			3	Dave		2 2	
Day:	Exercise Name Sets Reps			Day: Exercise Name Sets Reps			
Day: Exercise Name Sets Reps				Day:	Exercise Name	Sets	Reps