Weight Lifting Chart

Goals:												
Date:												
Weight:												
Sleep:												
Calories:												
Water:												
Caro Evareiros:			Reps Weight			Reps Weight				Reps Weight		
Core Exercises:			керѕ	Keps Wei		керз		weight		Reps	weight	
U D I F			B. C. W. L.									
Upper Body Exercises:			Reps	Weight		Керя	Reps Weight			Reps	Weight	
Lower Body Exercises:			Reps	Weight		Reps		Weight		Reps	Weight	
Cardio:			Time			Distance				Intensity		