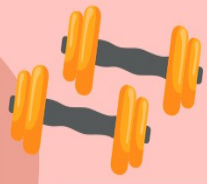

WORKOUT LOG

DATE:	AM/PM:	M T W TH F S S

Activity	Time	Dist.	Sets.	Reps	WT.	Cal. Burn.

Notes