

workout log



Date: Time: Week:

Workout Day: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

[illegible]

Weight	
Body Fat	
Chest	
Right Arm	
Left Arm	
Waist	
Hips	
Right Leg	
Left Leg	

Date: Time: Week:

Workout Day: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

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2015 Workout Plan Log

KJ Lindholm-Leary

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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