

EXERCISE GOAL FOR THE WEEK

[Large empty rectangular box for exercise goal]

MONTH

[Empty rectangular box for month]

NOTES

[Large empty rectangular box for notes]

DAY

[Empty rectangular box for day]

EXERCISED FOR

[Empty rectangular box for exercised for]

| EXERCISE | MUSCLE GROUP | WEIGHT | SETS | REPS |
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DAY

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EXERCISED FOR

[Empty rectangular box for exercised for]

| EXERCISE | MUSCLE GROUP | WEIGHT | SETS | REPS |
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DAY

[Empty rectangular box for day]

EXERCISED FOR

[Empty rectangular box for exercised for]

| EXERCISE | MUSCLE GROUP | WEIGHT | SETS | REPS |
|----------|--------------|--------|------|------|
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