

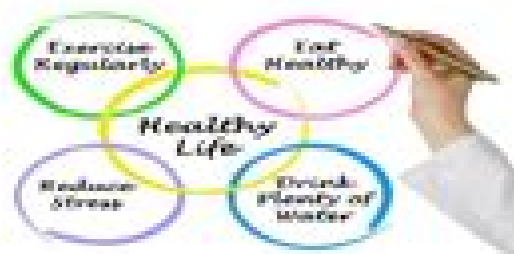
# WORKOUT LOG

Name:

Facility:

	Activity	Time	Distance		Activity	Time	Distance
21-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			26-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
22-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			27-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
23-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			28-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
24-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)			29-Apr	Cardio (run/walk/Cycle) Strength (Weights/Crossfit) Flexibility (Yoga/Stretching)		
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DRINK  
more  
WATER



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# Goals Mins Exercise Daily Report

**J Dewey**



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