Daily Exercise And Habit Tracker

Exercises	s	М	T	w	T	F	S
Strength Training	1			1			
Cardio Training			1				
Cardio Training		1					1

My Goals
Strengthen my cardio endurance

Habit Improvements
I don't skip exercises that much

Notes
I need to buy 2 dumbbells

Js Daily Exercise Goals Stretching Report

Janet H. Carr, Roberta B. Shepherd

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