

Statement of Account

Account Number 07-02-46 13242343

Branch Prefix: 0799

Eservices

Electra House
Swindon
SN38 9LY

Telephone No: 08457 382810

Statement No: 33

Statement Date: 11 May 2013

name
address
address
address
address

344
799

IBAN: GB48 NAI4 0702 4617 4143 08 BIC: NAI4GB21 SWIFT INTERMEDIARY BANK: MIDLGB22

Date	Details	Payments	Receipts	Balance
2013	Balance from statement 32 dated 11/04/2013			240.00
12 Apr	Direct debit ADMIRAL INSURANCE 7951173MOT13894209	71.60		168.40
14 Apr	Cash machine wdl Nationwide	10.00		158.40
15 Apr	Tesco Stores 3083 BIRMINGHAM	34.11		
	Total Fuels BIRMINGHAM	10.00		114.29
17 Apr	Subway BIRMINGHAM	6.00		108.29
19 Apr	Direct debit THE GYM LTD REF7213251A-THE-GYM	15.99		92.30
20 Apr	Total Fuels BIRMINGHAM	10.00		
	Subway BIRMINGHAM	6.00		76.30
23 Apr	Cash machine wdl Nationwide	10.00		66.30
25 Apr	Tesco Stores 3083 BIRMINGHAM	27.82		38.48
28 Apr	Cash machine wdl Nationwide	10.00		28.48
29 Apr	Subway BIRMINGHAM	6.00		
	Total Fuels BIRMINGHAM	10.00		12.48
30 Apr	Bank Credit Avant serv		1,351.23	
	Cash withdrawal Nationwide	550.00		813.71
01 May	Cash machine wdl Nationwide	10.00		
	Direct debit 40' HT-FI FOR910221	12.99		790.72
03 May	Tesco Stores 3083 BIRMINGHAM	34.93		755.79
05 May	Total Fuels BIRMINGHAM	15.00		740.79
07 May	Cash machine wdl Nationwide	10.00		730.79
10 May	Transfer E SAVINGS	150.00		580.79
11 May	Tesco Stores 3083 BIRMINGHAM	30.12		550.67

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web jan 27 2012 workout log template 1 daily workout template the most common way of creating a workout log is to have a single workout on one sheet so for example if you are doing a full body workout than all the exercises sets reps rest periods for just that workout is included in the sheet

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web description use this exercise log spreadsheet to track your daily fitness and strength training progress as well as your daily weight hours of sleep and daily calorie intake the file contains 3 separate worksheets a 2 day 3 day or 5 day exercise log choose the one you need based on the number of different exercises you perform each day

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web oct 10 2023 creating an exercise log template is totally up to the user on how they want it to work the user can also change the spreadsheet s complexity level so they can have a straightforward workout tracker or one filled with a bunch of formulas as a bonus you don t need any programming skills to use google sheets get weight tracker template