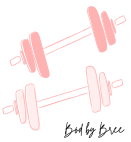
SETS, REPS + RESISTANCE TRACKER



DATE:

PROGRAM:

SLEEP:

WATER:

NUTRITION:

WORKOUT:	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

CARDIO:	TIME	INTENSITY	NOTES

STRETCH:	TIME	MUSCLE(S)	NOTES