Workout Log

			Date:		Date:		Date:		Date:		
	Planned		Actual		Actual		Actual		Actual		Complete Workout?
Exercise	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
											Yes ☐ No ☐
											Yes ☐ No ☐
											Yes ☐ No ☐
											Yes ☐ No ☐
											Yes ☐ No ☐
											Yes ☐ No ☐
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