

# EXERCISE LOG

Su M T W Th F Sa

Date

## CARDIO



LOG YOUR CARDIO  
(10k steps, 30min cycling,  
calories burned, etc.)

## STRENGTH TRAINING

LOG YOUR REPS (25-500) WEIGHTS

25

25

25

25

25

25

25

25

25

25

25

25

25

25

25

25

25

25

25

25

25

TRAINING:  
ABS / CORE  
FULL BODY  
UPPER BODY  
LOWER BODY

custom

other

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25

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TRAINING:  
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FULL BODY  
UPPER BODY  
LOWER BODY

custom

other