EXERCISE LOGS

WEEK:					
_	Activity	Sets	Weight	Time	Distance
DAY 1					
	Activity	Sets	Weight	Time	Distance
DAY 2					
က	Activity	Sets	Weight	Time	Distance
DAY 3					
					_
4	Activity	Sets	Weight	Time	Distance
DAY 4					
	Activity	Sets	Woight	Time	Distance
5	Activity	SetS	Weight	riine	Distance
DAY 5					