Weekly Workout Log Sheet

Monday Cardio Distance Time Exercises Sets Reps Weight Comments Tuesday Cardio Distance Time Exercises Sets Reps Weight Comments Wednesday Cardio Distance Time Exercises Sets Reps Weight Comments Thursday Cardio Distance Time Cardio Distance Time		<u>Exercises</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Comments</u>
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Friday	Friday					
<u>Cardio</u> <u>Distance</u> <u>Time</u>		<u>Cardio</u>	<u>Distance</u>	<u>Time</u>		