

TODAY IS THE DAY

21-DAY CHALLENGE





#MYACTIVE2018

WORKOUT LOG

Date _____

| What is my fitness goal today? | What is my nutrition goal today? | What is my life goal today? |
|--------------------------------|----------------------------------|-----------------------------|
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| Warm Up | Lbs | Reps | Sets | | | |
|-----------|------------------|----------------------------------|----------------------------|----------------------------------|-------------------------------|-----------------------------|
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| Exercise | Muscle(s) Worked | <input type="radio"/> Lower Body | <input type="radio"/> Core | <input type="radio"/> Upper Body | <input type="radio"/> Stretch | <input type="radio"/> Other |
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| | | | | | | |
| Cardio | | | | | | |
| | Time | Distance | | | | |
| | Time | Distance | | | | |
| | Time | Distance | | | | |
| Cool Down | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

| How do I feel? | What could I improve upon tomorrow? |
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