Day of The	
Week:	Date:

## Cardio Workout

<b>Duration:</b>	Activity	Min.	Pace	Elevation	Cal. Burn
	Treadmill				
Warmup: Y/N	Elliptical				
Stretch: Y/N	Bike				
Total Cal. Burn :	Row Machine				
	Stair Climber				
Time of	Aerobic Class				
Day:	Other				

Strength	Training
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Muscle Group Focus:

Exercise/ Equipment	SET 1 Reps	Wt.	SET 2 Reps	Wt.	SET 3 Reps	Wt.	SET 4 Reps	Wt.	SET 5 Reps	Wt.

**Daily Fitness Log** 

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