



MY WORKOUT TRACKER

EXERCISE	SET: 1		SET: 2		SET: 3		SET: 4		SET: 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

EXERCISE	SET: 1		SET: 2		SET: 3		SET: 4		SET: 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

EXERCISE	SET: 1		SET: 2		SET: 3		SET: 4		SET: 5	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

EAT WELL | PLAY WELL