

the
**FITNESS
PLANNER**

|

a planner from
YOUR NAME GOES HERE

WORKOUT LOG

DATE: _____ TIME: _____

DATE	TIME	1	2	3	4	5	6	7	8	9	10

DATE: _____ TIME: _____

DATE	TIME	1	2	3	4	5	6	7	8	9	10

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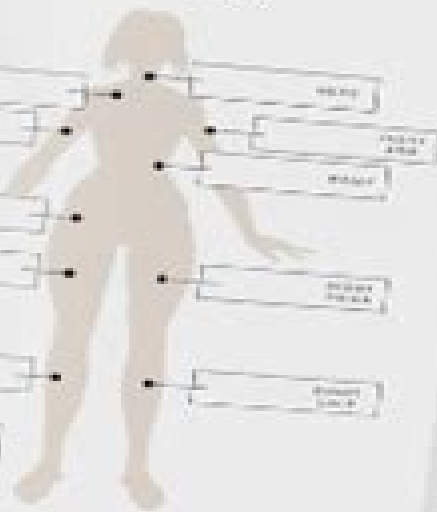
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BODY MEASUREMENT TRACKER

- CHEST
- NECK
- WRIST
- HAND
- ELBOW
- SHOULDER
- WASTE
- THIGH
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