## **QUANTIFY YOUR TRAINING**

\_\_\_\_\_ Workout

PAY:	DATE:	TIME:	am/pm
CARDIO TODAY? YES NO	- EXERCISE	DURA	ΓΙΟΝ
ENGTH OF WORKOUT:		LOCATION:	
MOOD WHEN STARTING:			
structions: In the white spaces belo ounds for 10 reps, you would write '	' 40 X 10". The gray boxes belo	ow are not used.	
structions: In the white spaces belo	ow, fill in the weight you used ar ' 40 X 10". The gray boxes belo	d the number of reps you pow are not used.  Set #2	erformed. If you did 40  Set #3
structions: In the white spaces belo ounds for 10 reps, you would write '	' 40 X 10". The gray boxes belo	ow are not used.	
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Instructions: In the white spaces belowinds for 10 reps, you would write to EXERCISE  TRAINING & NUTRITION NOTES	Set #1	ow are not used.	