Workout Log

Date:	*Weight:*		*Cardio:*					
Exercise:	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*

Date:	*Weight:*		*Cardio:*					
Exercise:	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*

Date:	*Weight:*		*Cardio:*					
Exercise:	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*	*Reps*	*Weight*