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WORKOUT JOURNAL: WORKOUT DIARY WITH FOOD EXERCISE JOURNAL LOG: PERFECT WORKOUT CHARTS WEIGHT LOSS JOURNAL TO KICK-START YOUR FITNESS ROUTINE (PAPERBACK)



WEEKLY WORKOUT JOURNAL				
Date	Exercise / Activity	Time	Reps	Notes / Comments
1/1	Cardio: Jump Rope	5	2	Used to push-ups
1/2	Chi Chicks, Side Plank, Core	6	10	Partnered with Yoda
1/3	Planks	2	—	Crunch it
1/4	Cardio: Push and Pull Squat	6	10	—
1/5	Cardio: Crunching	2	25	Little out of breath
1/6	Stretching: Crunch	1	—	Kick for 1 day

DATE	Breakfast	Lunch	Dinner	Snacks	Total
Mon	Long fat Cinnamon Pancakes	Cheese & Tomato Sandwich and Fruit Smoothie	Salmon & Cauliflower	—	—
Calories	600	377	490	0	1467
Tue	Scrambled egg and mushrooms	Crunchy Turkey Wrap w/ Salad	Grilled fish with squash	Strawberry's Yogurt (4) and Protein Shake	—
Calories	205	382	513	249	1349
Wed	Protein Shake and a banana	Chicken and rice or Fry	Salmon steak with potatoes	2 pieces red wine and protein	—
Calories	82	380	410	240	1312

Workout Diary with Food & Exercise Journal Log

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