Workout Sheet

Name	Physical Measurements (before)				Body Composition			
	Date				Date			
Personal data and goals	Arm Rt.				Triceps			
	Thigh Rt.				Chest			
	Calf Rt.				Hip			
	Shoulders				Ab			
	Chest				Thigh			
	Waist				Total			
	Hips				Body Fat %			
	Height							
	Weight							

Exercises	Muscle Group(s)	Date																			
		LB																			
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