WORKOUT LOG

	C	Date:	Time:			Week:		
		Workout Day:	1 2	3	4	5 6	5 7	Weight
		Exercise	Reps	Set 1	Set 2	Set 3	Set 4	Body Fat
								Chest
								Right Arm
								Left Arm
	FAST	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT	Waist
	H BREAKFAST							Hips
	LUNCH							Right Leg
E	DINNER							
	SNACKS							Left Leg