Fitness Log

EXERCISE	SET1 WEIGHT/REPS		SET2 WEIGHT/REPS		SET3 WEIGHT/REPS		REST (SECS BETWEEN SETS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES

Fitness Log

MEAL	FOOD	CALORIE	AMOUNT	PROTEIN	CARB	FAT	BEVERAGES/ AMOUNT
BREAKFAST							
SNACK(1)							
LUNCH							
SNACK(2)							
DINNER							
SNACK(3)							

MEASUREMENTS	CHEST	ARMS	WAIST	HIPS	THIGHS	CALVES	BODY FAT %