

Focus Area:		Hips	Tight	Chest	Arms	Body Fat	Muscle	
Date		Exercise		Set		Reps		Weight
	<u> </u>							
Focus Area:		Hips	Tight	Chest	Arms	Body Fat	Muscle	
Date		Exercise		Set		Reps		Weight
	0							
Focus Area:		Hips	Tight	Chest	Arms	Body Fat	Muscle	
Date Exercise		Exercise		Set		Reps		Weight
	0							
	0							
This Month's Check-In		heck-In	Weight:		Pou	nds Lost :		