Day: _____ Date: _____

Exercise	Set 1 Reps / Wgt	Set 2 Reps / Wgt	Set 3 Reps / Wgt	Set 4 Reps / Wgt	Set 5 Reps / Wgt	Set 6 Reps / Wgt
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Meals		Supplements
Meal 1:		
Meal 2:		
Meal 3:		
Meal 4:		
Meal 5:		
Meal 6:		
Meal 7		

Notes:	