
**KEEP TRACK OF YOUR FITNESS PROGRESS
RECORD YOUR WEEKLY STATS, GOALS, NOTES
AND DAILY WORKOUT SESSIONS**

53 WEEKS INCLUDED - COVERS AN ENTIRE YEAR

WEEKLY WORKOUT JOURNAL & LOGBOOK

BY: KIMBERLY EDDLEMAN



Weekly Workout Journal & Logbook by Kimberly Eddleman

Kimberly Eddleman

maintain tune of your health progress. Log day-by-day exercise session periods with the activity, time/speed/distance/reps and work out notes. checklist weight, physique measurements, resting middle rate, physique fats percentage and objectives before everything of every week. Plus house for notes and magazine entries. can be utilized for nearly any form of exercise routine or task resembling running, walking, cycling, power training, aerobic and more. contains fifty three weekly sections, adequate to trace a whole year.

Weekly Workout Journal Logbook

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