

Sculpting Her Body Perfect

WORKOUT DIARY

DATE:

TIME STARTED:

TIME FINISHED:

BODY WEIGHT:

BODY FAT PERCENT:

WORKOUT RATING:

STRENGTH TRAINING WORKOUT

| EXERCISE | SET 1 WT/REPS | SET 2 WT/REPS | SET 3 WT/REPS | SET 4 WT/REPS |
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STRENGTH TRAINING NOTES: _____

CARDIO WORKOUT

| EXERCISE | LEVEL | TIME | DISTANCE |
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CARDIO NOTES: _____

OTHER NOTES: _____
