HEALTH & FITNESS TRACKER

Resting Heart			EXERCISE		Week of		Year
Cardio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise							
Time / Distance							
Exercise							
Time / Distance							
Exercise							
Time / Distance							
Strength	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20141841					11100	Saturday	Dunday
Honor / Lower / Doth							
Upper / Lower / Both							
Circuit							
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Other							
Other							
NT-4							
Notes							
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