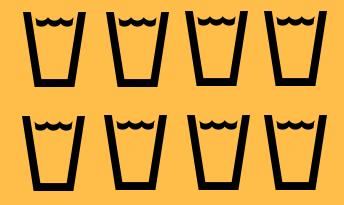




Workout Schedule Monday: **Workout Session & Type**

Food Intake:

Water Intake



Overall Feeling for the Day







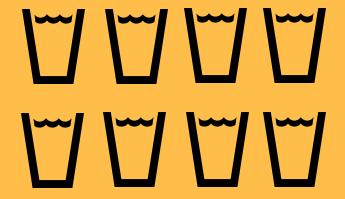
Workout Schedule

Workout Session & Type

Tuesday:

Food Intake:

Water Intake



Overall Feeling for the Day







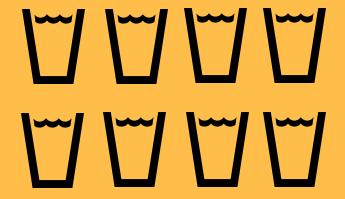
Workout Schedule

Workout Session & Type

Wednesday:

Food Intake:

Water Intake



Overall Feeling for the Day







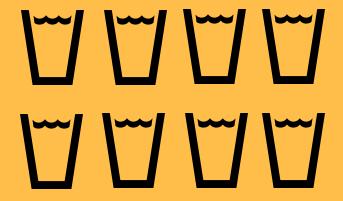
Workout Schedule

Workout Session & Type

Thursday:

Food Intake:

Water Intake



Overall Feeling for the Day







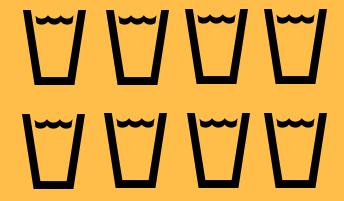
Workout Schedule

Friday:

Workout Session & Type

Food Intake:

Water Intake



Overall Feeling for the Day







Workout Schedule

Saturday:

Workout Session & Type

Food Intake:

Water Intake



Overall Feeling for the Day







Workout Schedule
Sunday:

Workout Session & Type

Food Intake:

Water Intake



Overall Feeling for the Day

