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THREE-MONTH WORKOUT RECORD

Photocopy this form and use it to plan and keep track of your workouts. The key to success is consistency.

MONTH _____ YR _____					MONTH _____ YR _____					MONTH _____ YR _____				
DAY	TIME (MINUTES)	DISTANCE (TOTAL REPS)	CALORIES BURNED	WEIGHT	DAY	TIME (MINUTES)	DISTANCE (TOTAL REPS)	CALORIES BURNED	WEIGHT	DAY	TIME (MINUTES)	DISTANCE (TOTAL REPS)	CALORIES BURNED	WEIGHT
1					1					1				
2					2					2				
3					3					3				
4					4					4				
5					5					5				
6					6					6				
7					7					7				
8					8					8				
9					9					9				
10					10					10				
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29					29					29				
30					30					30				
31					31					31				