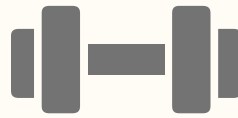


# FITNESS JOURNAL



# WEEKLY WORKOUT PLAN

MON



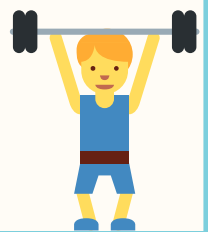
TUES



WED

THURS

FRI



SAT

SUN

