**WORKOUT LOG**

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| **DATE:** |  | | | |  | **MOOD:** |  | | | |
| **MUSCLE GROUPS** |  | | | | | | | | | |
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|  | **SET 1** | | **SET 2** | | **SET 3** | | **SET 4** | | **SET 5** | |
| **EXERCISE** | WT | REPS | WT | REPS | WT | REPS | WT | REPS | WT | REPS |
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| **DATE:** |  | | | |  | **MOOD:** |  | | | |
| **MUSCLE GROUPS** |  | | | | | | | | | |
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|  | **SET 1** | | **SET 2** | | **SET 3** | | **SET 4** | | **SET 5** | |
| **EXERCISE** | WT | REPS | WT | REPS | WT | REPS | WT | REPS | WT | REPS |
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