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		ories.	Protein (g) Target Count Remaining		Carbs (g) Target	
Food Log	Targe	t				
	Count	Remaining	Count	Remaining	Count	Remaining
You doing ok?	<u> </u>	<u>.</u>	:	<u> </u>		
Tell me about it				0		
015						
Goal for tomorrow						

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Goal for Today								
Muscle Group		Stretch			Warm-up			
Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	
	Reps							
	Lbs							
O 1:				_				
Cardio Time Intensity/Speed	_	Notes						
	_							
Cool-Down								
Goal for Next Workout								
Questions for Trainer								
-								