



Fitness Log

EXERCISE	SET1 WEIGHT/REPS		SET2 WEIGHT/REPS		SET3 WEIGHT/REPS		REST (SECS BETWEEN SETS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES

MEASUREMENTS	EST	ARMS	WAIST	HIPS	THIGHS	CALVES	BODY FAT %

Gallatin County Fitness
 GallatinFitness.com
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