Exercise	REPS/WT	REPS/WT	REPS/WT	REPS/WT	REPS/WT	Date
						Cycle
						Cardio
						Duration
						Туре
Notes	Payment					
						cash / credit / check

Exercise	REPS/WT	REPS/WT	REPS/WT	REPS/WT	REPS/WT	Date
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