FITNESS LOG

GOOD HABITS ARE AS ADDICTIVE AS BAD HABITS, AND A LOT MORE REWARDING.

- HARVEY MACKAY

KEY

ACTIVITY									
COLOUR									

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

MEASUREMENTS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CHEST												
WAIST												
HIPS												
ARM (R)												
ARM (L)												
LEG (R)												
LEG (L)												
CALF (R)												
CALF (L)												
WEIGHT (LB / KG)												

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