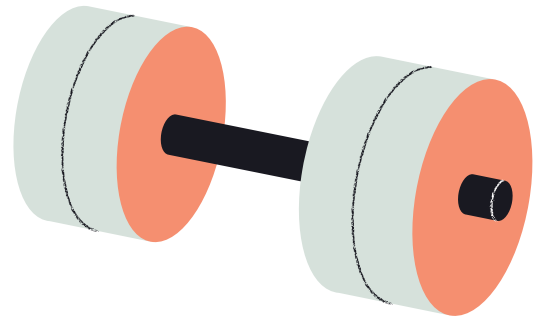


WORKOUT PLANNER



S	M	T	W	T	F	S	NOTES
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Time: Calories Burned:
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BEFORE	
Weight:	BMI:
Body Fat:	Muscle:
Arm:	Chest:
Waist:	Hips:

AFTER	
Weight:	BMI:
Body Fat:	Muscle:
Arm:	Chest:
Waist:	Hips:

