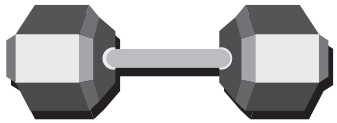
DATE: / /

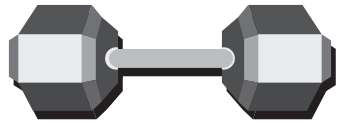
MEAL	CAL.	PRT.	FAT	CARB.
TOTAL				



EXERCISE/ SETS/ REPS

DATE: / /

MEAL	CAL.	PRT.	FAT	CARB.
TOTAL				



EXERCISE/ SETS/ REPS

DATE: / /

MEAL	CAL.	PRT.	FAT	CARB.
TOTAL				

EXERCISE/ SETS/ REPS

DATE: / /

MEAL	CAL.	PRT.	FAT	CARB.
TOTAL				

EXERCISE/ SETS/ REPS