**Workout Log**

**Session:**

Date:

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| --- | --- | --- | --- |
| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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**Session Reflection:**