

Workout Checklist

DATES

DAILY EXERCISE	M	T	W	T	F	S	S	TOTAL
	<input type="checkbox"/>	<input type="text"/>						
	<input type="checkbox"/>	<input type="text"/>						
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	<input type="checkbox"/>	<input type="text"/>						
	<input type="checkbox"/>	<input type="text"/>						

WEEKLY EXERCISE	
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Checklist Fitness Planner

RJ Shavelson



Checklist Fitness Planner:

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https://ftp.thebrandexperience.com/data/browse/fetch.php/For_Beginners_Coworking_Spaces.pdf

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