



# Workout Calendar

*Frances P Robinson*

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## **Workout Calendar** Frances P Robinson

The Workout Calendar is a place to chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn't be complicated and your record keeping shouldn't be either. You can write your workout in the blank calendar to view at a quick glance or on the blank daily log sheet. Use both if you wish but either way this book has you covered. (Start using any time of year.) This very helpful Workout Calendar can help you stay on schedule, accountable and healthy.

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