

FITNESS PLANNER

date: _____ m t w t f s s

mmol/l pre-workout: _____ mmol/l post-workout: _____

workout goals

- ☐ ☐ _____
- ☐ ☐ _____
- ☐ ☐ _____

	workout	time	reps
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water intake

1l

2l

3l

food intake

breakfast

lunch

dinner

snack(s)

☐ to be started ☒ done ☐ delay ☒ cancel