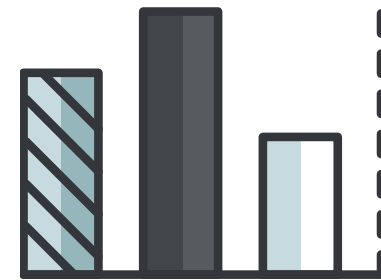
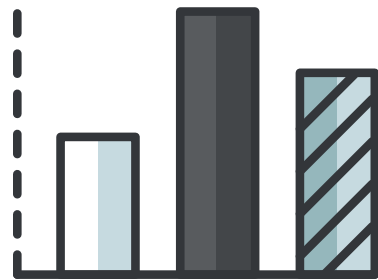


MY PERSONAL TRAINING LOG

BY TRIMANUAL



WEEK STARTING

RATE YOUR HYDRATION

RATE YOUR NUTRITION

RATE YOUR SLEEP

TRAINING COMPLETION

HOW FATIGUED ARE YOU?



WHAT DID YOU DO GREAT?

WHAT DID YOU LEARN?



WHAT DID YOU DO GREAT?

WHAT DID YOU LEARN?



WHAT DID YOU DO GREAT?

WHAT DID YOU LEARN?



WHAT DID YOU DO GREAT?

WHAT DID YOU LEARN?