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## Workout Journal for Women: Weight Loss: Fitness Workout Journal: Floral Wing: Notebook 6x9 Inch 105 Page: Fitness Journal and Diary Workout Log: Gym Training Log Book (Paperback)

By Sn Workout Log

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---- Year Month Date Day of Week WEEKLY PROGRESS CHART  
Week 1 - Week 250 BMI BMR WEIGHT BODY FAT RIGHT UPPER ARMS LEFT UPPER ARMS RIGHT FOREARM LEFT FOREARM WAIST HIPS RIGHT THIGH LEFT THIGH RIGHT LOWER LEG LEFT LOWER LEG NOTE: WEIGHT Weight Height Body Fat MEASUREMENT Neck Chest Normal Chest Expanded Right Upper Arm Left Upper Arm Right Forearm Left Forearm Waist Hips Right Thigh Left Thigh Right Lower Leg Left Lower Leg.



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