

HOBBY:

DAY 7
DATE | |

EXERCISE	START : TIME	STOP : DISTANCE	HR

NOTES

FUEL CHART:

TIME	SNACK	N	L	C	B	T	CARBS
W	CARPE DIEM						
S							<input type="checkbox"/>
S							<input type="checkbox"/>
S							<input type="checkbox"/>
S							<input type="checkbox"/>
S							<input type="checkbox"/>
S							<input type="checkbox"/>
F	DREAM BIG						

NOTES