

FITNESS PLANNER

DATE:

TODAY'S GOAL

WATER TRACKER



WEIGHT

STEPS

BREAKFAST

LUNCH

DINNER

HOURS SLEPT:

SLEEP QUALITY:

STRESS LEVEL:

LOW

NORMAL

HIGH

EXERCISE FOCUS

WORKOUT ROUTINE

SETS

REPS

WEIGHT

TIME

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SUMMARY

Total workout time:

Calories taken:

Calories burned:

NOTES

Pro Fitness Planner

Carol Barrett



Pro Fitness Planner:

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its trajectory projectile motion occurs when a force is applied at the beginning of the trajectory for the launch after this the projectile is subject only to the gravity

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