

MISSION MUSCLE

Track your fitness and strength training progress.

WEIGHT: _____

SLEEP (hrs): _____

CALORIES: _____

(minutes): _____

NOTES:

[illegible]

*1RM - One Rep Max (for reference)

[illegible]

*Intensity: L/M/V=Light/Moderate/Vigorous or E/M/H=Easy/Medium/Hard or Heart Rate