DAC WEIGHT TRAINING RECORD

NAME_____

EXERCISE	DATE S \ P																																				
		W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R

NOTES: