

Diabetes

PLANNER

Workout

DATE:	FOCUS AREA:	DURATION:
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	SET 1		SET 2		SET 3		BLOOD SUGAR		MEAL/SUPPS	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	BEFORE	AFTER	BEFORE	AFTER

DATE:	FOCUS AREA:	DURATION:
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EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	BEFORE	AFTER	BEFORE	AFTER

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EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	BEFORE	AFTER	BEFORE	AFTER

