

Strength Training Log



YMCA of
Newfoundland and Labrador

Name: _____

Start Date: _____

Exercise	Date	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F																																																																																																																																																																																																																																																																																																																											
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All new Y members are entitled to a free orientation.
Please see the membership sales and service desk for more information.

YMCA of Newfoundland and Labrador
www.ymcanl.com

Charitable Registration #108225533RR0001