

<b>DATE</b>	<b>WOD</b>	<b>REPS</b>	<b>RESULTS REPS/TIME</b>	<b>NOTES</b>
<b>MONDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>TUESDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>WEDNESDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>THURSDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>FRIDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>SATURDAY</b>				
<b>SUNDAY</b>				

<b>DATE</b>	<b>WOD</b>	<b>REPS</b>	<b>RESULTS REPS/TIME</b>	<b>NOTES</b>
<b>MONDAY</b>	<b>STRENGTH</b>			
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<b>TUESDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>WEDNESDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>THURSDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>FRIDAY</b>	<b>STRENGTH</b>			
	<b>METCON</b>			
<b>SATURDAY</b>				
<b>SUNDAY</b>				