**OKKA – Physical Fitness Stripe Program Log Sheet** 

Student Name:		Log Start Da	Log Start Date:		Log End Date:		
Date	Exercise Name/Abbreviation	Set 1 Reps	Set 2 reps	Set 3 Reps	Set 4 Reps	Set 5 Reps	
20.00			300 _ 1000	оссо норо		оссо неро	

OKKA – Physical Fitness Stripe Program Log Sheet

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