Session # Date	1 mm/dd/yyyy			2 mm/dd/yyyy			3 mm/dd/yyyy			4 mm/dd/yyyy			5 mm/dd/yyyy		
Exercise	SxR	#	RPE	SxR	#	RPE	SxR	#	RPE	SxR	#	RPE	SxR	#	RPE
HEP	Upated HEP:			Upated HEP:			Upated HEP:			Upated HEP:			Upated HEP:		
Exercise	SxR	#	RPE	SxR	#	RPE	SxR	#	RPE	SxR	#	RPE	SxR	#	RPE

Session # Date	1 mm/dd/yyyy	2 mm/dd/yyyy	3 mm/dd/yyyy	4 mm/dd/yyyy	5 mm/dd/yyyy

HEP	1	2	3	4	5