

A woman with long dark hair, wearing a black and grey mesh sports bra and black leggings, is holding a barbell with both hands. She is looking to her left with a slight smile. The background is a blurred gym environment with a window showing a bright outdoor scene. The lighting is warm and directional, highlighting her muscles and the texture of her clothing. A teal vertical bar is on the left side of the image.

# Trainings- tagebuch

Training Diary for Fitness

# Trainingstagebuch

## **Dein Ziel**

Abnehmen

Definieren

Muskelaufbau

## **Täglicher Kalorienbedarf:**

kcal

## **Tägliche Nährstoffverteilung:**

Proteine

Fette

Carbs

## **Trainingseinheiten pro Woche:**

Name:

Alter:

Größe:

Gewicht:

Datum:

# Fitness Tagebuch

Datum	Übung	Satz 1	Satz 2	Satz 3
		Kg Wh	Kg Wh	Kg Wh
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