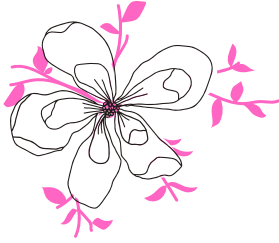
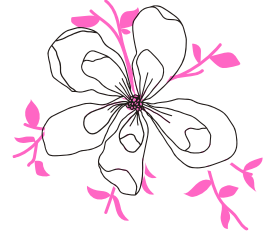




# Dein Trainingsplan



Wochenziel:



Blank pink rectangular area for weekly goal notes.

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Wochenende