



The PAF Free Fat Burning Workout #1

prettyawesomefitness.com/freeworkout1

Workout Log Sheet

Time of workout:

Place of workout:

Mood before workout:

Record timing of each set below:

	Set 1	Set 2	Set 3	Set 4	Set 5
5 Push-ups					
10 Dumbbell rows					
15 Mountain Climbers					
20 In and Outs					

Total time completed: