

# Workout Tracker

TODAY'S DATE: \_\_\_\_\_

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ S M T W T F S  
○○○○○○○○

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ S M T W T F S  
○○○○○○○○

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ S M T W T F S  
○○○○○○○○

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ S M T W T F S  
○○○○○○○○

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ S M T W T F S  
○○○○○○○○

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ S M T W T F S  
○○○○○○○○

EXERCISE: \_\_\_\_\_ MUSCLE GROUP: \_\_\_\_\_ REPS: \_\_\_\_\_ S M T W T F S  
○○○○○○○○

WHAT I LIKED ABOUT THIS WORKOUT:

WATER:

S M T W T F S  
○○○○○○○○

WHAT I WILL CHANGE FOR NEXT WEEK:

MEAL PLAN:

S M T W T F S  
○○○○○○○○