

# 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
_____	_____	_____	○ ○ ○ ○ ○ ○ ○ ○

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
○	○	○	○	○	○	○