

Workout TRACKER

SUNDAY

DATE:

TIME:

WEIGHTS (body part):

WEIGHT:

SETS:

REPS:

CARDIO (type):

DURATION:

OTHER:

NOTES:

MONDAY

DATE:

TIME:

WEIGHTS (body part):

WEIGHT:

SETS:

REPS:

CARDIO (type):

DURATION:

OTHER:

NOTES:

TUESDAY

DATE:

TIME:

WEIGHTS (body part):

WEIGHT:

SETS:

REPS:

CARDIO (type):

DURATION:

OTHER:

NOTES:

WEDNESDAY

DATE:

TIME:

WEIGHTS (body part):

WEIGHT:

SETS:

REPS:

CARDIO (type):

DURATION:

OTHER:

NOTES:

THURSDAY

DATE:

TIME:

WEIGHTS (body part):

WEIGHT:

SETS:

REPS:

CARDIO (type):

DURATION:

OTHER:

NOTES:

FRIDAY

DATE:

TIME:

WEIGHTS (body part):

WEIGHT:

SETS:

REPS:

CARDIO (type):

DURATION:

OTHER:

NOTES:

SATURDAY

DATE:

TIME:

WEIGHTS (body part):

WEIGHT:

SETS:

REPS:

CARDIO (type):

DURATION:

OTHER:

NOTES: