

MONTHLY FITNESS TRACKER

MONTH :

WORKOUT SPLIT

sun. mon. tues. wed. thurs. fri. sat.

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CURRENT STATS

Reps x Sets :

Lbs :

sun. mon. tues. wed. thurs. fri. sat.

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TRACKER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

sun. mon. tues. wed. thurs. fri. sat.

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sun. mon. tues. wed. thurs. fri. sat.

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GOALS

FOCUS AREAS - use the selection tool to add focus areas to the schedule

abs arms back booty legs

abs arms back booty legs

abs arms back booty legs