

DAILY WORKOUT TRACKER

TRAINING FOCUS:

CARDIO	TIME	DISTANCE	HEART RATE	CALORIES

EXERCISES		SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						

NOTES